

## Small Knee Bends

**Starting position:** Standing with feet shoulder width apart, toes pointing straight ahead. Place your hands on your buttocks.

**Action:** Clench your buttocks then slowly bend both knees to about 30°. Hold 5 seconds then return to the start position. Be careful to keep the buttocks clenched and the knees running straight over the line of the toes.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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