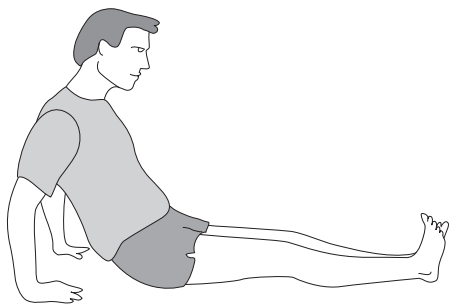


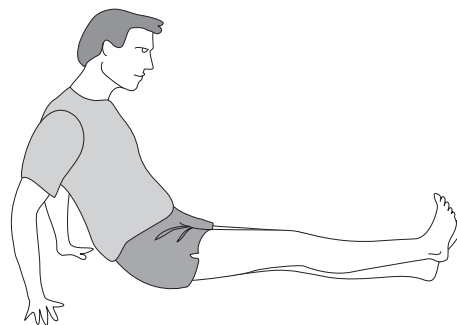
Exercises to help your *knees*

These exercises should be performed 20 times each, twice a day.

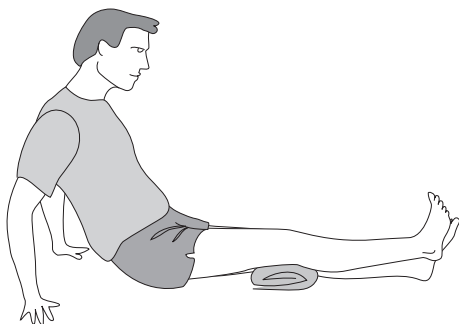
Strengthening Thigh Muscles



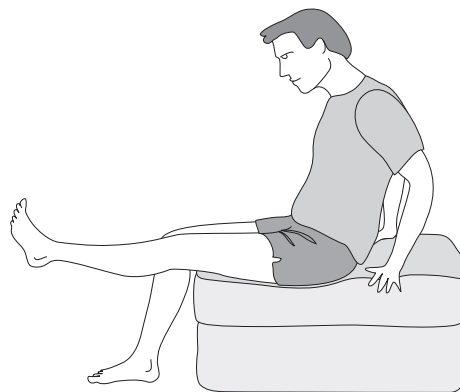
1. Sit with your legs straight on the floor, bed or couch. Pull the foot up towards you and then press the knee against the floor, tightening the thigh muscles. Hold this for a count of five, and then fully relax.



2. Repeat as before, then lift the leg off the floor keeping the knee straight. Raise it two or three inches only. Hold for a count of five.



3. Repeat as for exercise 2, but put a rolled towel under the knee. Straighten the knee, hold it straight for a count of five. This is the only time a support is permitted under the knee (Never sleep with a towel under the knees. Although this may be more comfortable, the likelihood of increasing deformity is high).



4. Sit with knees bent over the edge of the bed, then fully straighten the knee and hold for a count of five.

When proficient at these exercises, add a slight amount of weight to the foot. Oven gloves or socks tied together hung over the ankles with small weights in them might be a good starting point. Any increase in weight should be gradual.