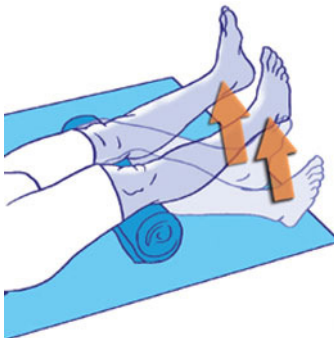

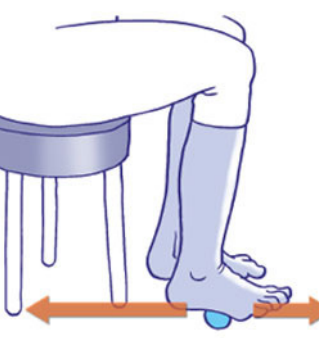
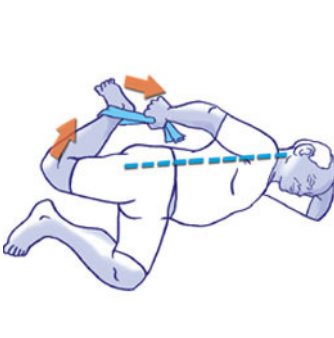


exercise 1 Strengthening the thigh	exercise 2 Extension of the thigh	exercise 3 Joint balance	exercise 4 Stretching the thigh
<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Strengthens the quadriceps femoris muscle at the front of the thigh. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a lying position, extend both legs, and place a rolled towel or a roll of paper towels under your knees. • Try to raise one heel then the other crushing the roll. <p>• TIP Your heels are raised very little off the bed.</p>	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Fights against long-lasting flexion of the knee (due to pain). <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position, stretch out one leg and place it on a chair; your other leg remains bent, foot on the ground. • Hold the position for 15 to 20 minutes and then switch legs. <p>• TIP Apply "cold" to the knee isolating the skin with a cloth. Please observe the time of holding the position and do not prolong the posture.</p>	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Maintains joint function. <p><i>The knee is a pivotal hinge joint which means it always has to adapt to changes both of the ground as well as the positions of the body.</i></p> <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • In a sitting position, place a ball under your foot and roll it back and forth. • Sit slightly over the front of the chair to allow greater range of motion in your movement. <p>• TIP The movement should be done in all ranges of motion: you therefore extend your leg out fully and your foot goes right under the chair when bending your leg. For more stability, use a rolling pin.</p>	<p><i>Why is this exercise useful?</i></p> <ul style="list-style-type: none"> • Promotes stretching of the quadriceps femoris muscle at the front of the thigh. <p><i>How do you do the exercise correctly?</i></p> <ul style="list-style-type: none"> • Lying on your side, bend your knee up as far as you can and bring your leg as close as possible to your chest. • Bending the other knee, bring your heel towards your buttocks. <p>• TIP Your upper body should remain straight. Rather than bending to grab your foot, it is better to use a strap (or scarf).</p>
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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement).

We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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