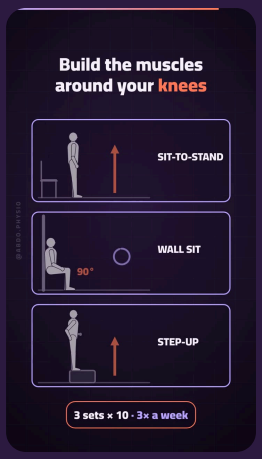
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FREE GUIDE

Knee strength: 3 moves, 3× a week

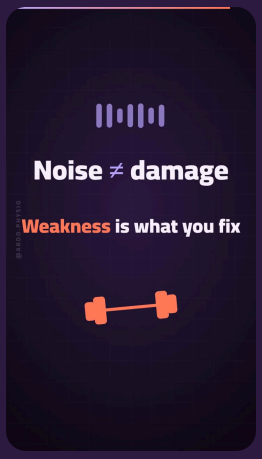
For noisy knees. Noise isn't damage. Weakness is what you fix.



1 The 3 moves

3 SETS × 10 **3× A WEEK**

1. **Sit-to-stand:** stand up from a chair without your hands, sit down slowly (3 seconds).
2. **Wall sit:** back on the wall, knees bent. Hold **10 seconds**, build up to 30.
3. **Step-up:** whole foot on the bottom stair, push through the heel. 10 each leg.
4. Knees point the same way as your toes.



2 Make it harder, one change at a time

Mild discomfort (up to 3 out of 10) that settles by the next day is fine.

1. **Lower chair** or slower sit-to-stands
2. Wall sit **lower** (toward 90°) or **longer**
3. **Higher step** for step-ups
4. Hold a **backpack or weights**
5. **Single-leg** sit-to-stands from a higher chair

⚠ Get it checked if the noise comes with...

- **pain** that's getting worse, or **swelling**
- **locking** or **giving way**
- it started **after an injury**, or you **can't take 4 steps**
- a **hot, red, swollen** knee with **fever** (same day)



@abdo.physio · abdophysio.com

Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Exercise for kneecap pain: Crossley et al., Br J Sports Med, 2016. Noisy knees in pain-free women: de Oliveira Silva et al., Phys Ther Sport, 2018.