

# 5 EXERCISES FOR STRONGER KNEES AFTER 50

A SIMPLE PLAN TO BUILD STRENGTH, CONFIDENCE AND EVERYDAY FUNCTION

Strong knees are the foundation for an active, independent life. These 5 exercises are safe, effective and designed specifically for over 50s.

Do them 3 times per week and your knees will thank you!



**Build strength** around your knees



**Improve function** for everyday life



**Reduce pain** and stiffness

## 1 SIT-TO-STAND

**How:** Sit towards the front of a chair. Lean slightly forward, stand up fully, then sit down slowly with control.

START



FINISH



**Do:** 2 sets of 8–12 reps

**Make it easier:** Use your hands to help.

**Make it harder:** Lower down more slowly (3–5 seconds).

**Focus:** Push through your heels and keep control.

## 2 WALL TIBIALIS RAISE

**How:** Stand with your back against a wall, feet about 30cm (12") away. Lift your toes up towards you, keeping heels on the floor.

START



FINISH



**Do:** 2 sets of 12–15 reps

**Make it easier:** Stand closer to the wall.

**Make it harder:** Hold for 2–3 seconds at the top.

**Focus:** Strengthens the front of your lower leg and supports knee health.

## 3 SUPPORTED SPLIT SQUAT

**How:** Step one foot back. Lower your body down by bending both knees. Keep your front knee over your middle toes. Use a wall or chair for balance.

START



FINISH



**Do:** 2 sets of 8–10 reps each leg

**Make it easier:** Smaller step back or hold more support.

**Make it harder:** Lower deeper or hold a weight.

**Focus:** Builds strength in your quads, glutes and hips.

## 4 STEP-UP

**How:** Step up onto a step or sturdy box. Push through your whole foot. Step down slowly with control.

START



FINISH



**Do:** 2 sets of 8–12 reps each leg

**Make it easier:** Use a lower step and hold support.

**Make it harder:** Use a higher step or add a weight.

**Focus:** Improves leg strength and stair confidence.

## 5 CALF RAISE

**How:** Stand tall, hold support if needed. Raise your heels up, then slowly lower down.

START



FINISH



**Do:** 2 sets of 12–15 reps

**Make it easier:** Do sitting calf raises.

**Make it harder:** Slow lower (3–5 seconds) or do on one leg.

**Focus:** Strong calves support your knees and balance.

### HOW TO USE THIS PLAN

- ✓ Do these 5 exercises 3 times per week.
- ✓ Aim for a rest day between sessions.
- ✓ It's normal to feel your muscles working.
- ✓ Progress gradually. Consistency is key!

### GENERAL GUIDANCE

- ⌚ Allow 1–2 minutes rest between sets.
- 📈 Progress by adding reps, slower tempo or less support.
- 👤 Stop and seek advice if you have sharp pain or swelling.

### WANT STRONGER KNEES FOR LIFE?

Introducing...

## STRONGER KNEES OVER 50

### THE 6-WEEK PROGRAMME

- ✓ 6 progressive weeks of guided exercises
- ✓ Build strength, improve function and reduce pain
- ✓ Step-by-step videos and easy-to-follow plans
- ✓ Designed by a physiotherapist with 25+ years' experience



Learn more in the full programme – link in bio!

Disclaimer: This guide is for general information only and is not a substitute for personalised medical advice. Always consult your healthcare professional if you have any concerns about your knee pain or an existing medical condition.