

Patient:  
**Mrs Julie Dass**

Date:  
**20th Mar 2017**

## Knee flexion supine



Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/skOauZ54MLU>



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## Knee flexion prone stretch

Lie face down, and bend your knee bringing your heel towards your bottom. Use your other leg to help you bend your knee further, especially useful if you cannot reach your leg with your hand, or your leg is too weak to move on its own. You will feel a gentle stretch to the quadriceps muscles at the front of your thigh.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/yhixtkSVhcE>



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## Hamstring curl with band

Tie an exercise band around your ankle, and attach the other end to a fixed object (e.g. under a weight, or around the leg of a table). Lie face down. Bend your knee creating a resistance in the band. This is a strengthening exercise for the hamstring muscle group (located at the back of the thigh). 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/Szqs9oL6QVU>



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## Knee flexion with ball/foam roller

Sit on a chair or Swiss ball, and place the sole of your foot on a medicine ball or foam roller. Roll the ball/roller in front of you and back again. If you don't have a foam roller or medicine ball, you can use a football or other small ball. 15 reps, or this exercise can be done throughout the day during periods of prolonged sitting.

**Repeat 3 times | Perform both sides**

Video: <http://youtu.be/uDXiVZG2G8k>



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## Sitting knee flex with band

Sit on the side of a chair, and attach a band around your ankle and anchor the opposite end in front of you. Bend your knee and feel the resistance against the band. You will feel the hamstring muscle at the back of your thigh working. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/J0JGgic7Irc>



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## Box Step front

Step onto a box or step, placing both feet on the step, and then step down using the same leg that you lead with. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/EI739iJbGUU>



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## Mountain climber

Start in a press-up position, and bring one leg in so your left knee is close to your left hand. Straight away, take it back out and then bring your right knee in towards your right hand, and repeat. This exercise is great for strength-endurance and works the whole body. 30 seconds.

**Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/GIEr1JgtdiU>



## Knee extension supine 2

Lie flat on your back and bend your knees towards your chest, then slowly straighten your legs and lower them to the start position. This exercise strengthens the hip flexor, core and quadrickep muscle group. 15 reps.

**Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/NRj0V2LEwhE>



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## Hamstring stretch 8

Sit down on the floor, and place a towel or band around the sole of your foot. Pull the toes towards you while straightening the leg. You will feel a stretch in the calves and Hamstrings (at the back of your legs).

**Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/J1JIAchodcE>



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## Knee extension passive

Sit down with your heel resting on a chair opposite you. Gently use your hand to push your knee downwards, to make your leg straight. This exercise is especially useful for stiff or arthritic knees, or when you have difficulty straightening your leg. It can also be useful post-surgery.

**Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/MEwdfh3obDQ>



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## Knee extension with band sitting

Sit down, bend your knee and put an exercise band around the sole of your foot. Straighten the leg against resistance. You will feel the front thigh (quadriceps) muscles working. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/t6BOZqBny-Q>



## Leg lift

Lift your leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim to increasing your leg lift as your leg becomes stronger and more mobile. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/67ajrE4Ajak>



## Hip abduction with band

With an exercise band secured around your ankle, and the other end anchored to a fixed object to your side, move your straight leg (abduct) away from your body to create resistance in the band. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also improves balance on your opposite leg. 15 reps.

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/mH631V-5K6s>



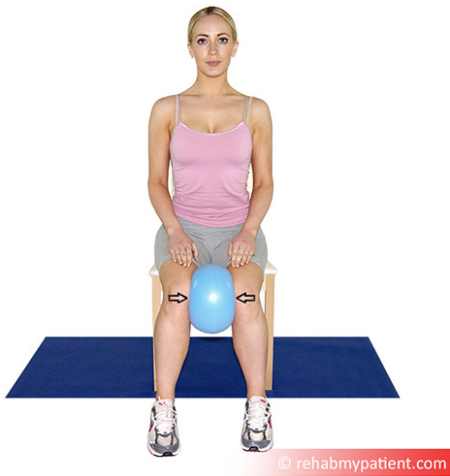
## Hip adduction standing

Stand up, and move your leg across your body. This exercise is good for mobilising a stiff hip joint. 15 reps

**Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/X0XHIOe2eHw>





## Adductor goof ball squeeze sitting

Sitting down, place a goof ball between your legs, and squeeze. You will feel a muscle contraction along the inside of your legs and into your groin. This exercise is a strengthening exercise for the adductor muscle group.

**Hold for 30 | Repeat 3 times | Perform 1 times daily**

Video: <http://youtu.be/rjynj8p3A4A>



## Hip flexion side-lying

Lie on your side, and bend your hip as close to your chest as feels comfortable. Use your hand to help you. Hold the stretch. This exercise will mobilise and strengthen your hip joint.

**Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides**

Video: <http://youtu.be/BBLVOyYj4Gc>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stablestherapycentre@gmail.com](mailto:stablestherapycentre@gmail.com). Good luck and keep with it!