

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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## Quadriceps stretch 2



Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadriceps muscles at the front of your thigh.

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

Video: <http://youtu.be/BZwmTXwu2fk>

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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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## 1/4 squat

Open your legs slightly wider than shoulder width, and bend your knees to the 1/4 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. 15 reps.

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

Video: <http://youtu.be/NpKJwz27-JU>



## 1/4 squat single leg

Stand on one leg, and bend your knee to the 1/4 squat position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. 15 reps.

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

Video: <http://youtu.be/Rn3qU2xMYv4>



## 1/2 squat ball squeeze

Open your legs but hold a ball between your knees/thighs, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. 15 reps.

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

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



## Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. 15 reps.

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

Video: <http://youtu.be/xASFze7P-Fs>



## 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>



## 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>



## 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/J1JI AchodcE>

## Patella mobilisation

Sit with your knee straight, and your leg relaxed. Grasp your knee cap (patella) with your fingers and thumb, and wiggle your knee cap from side to side and up and down. You can also hold the patella to one side, and to the other side. It may be stiff to start, but once mobile the patella should move freely. This is a great exercise for anyone with a stiff patella. 30 seconds each side.

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

Video: <http://youtu.be/mV4rslt7C10>



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## Glute stretch supine 3

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.

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

Video: <http://youtu.be/zpaExOK4S8M>



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## Adductor ball squeeze standing

While standing in a squat position, place a 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/ndnK\\_E7D7U](http://youtu.be/ndnK_E7D7U)



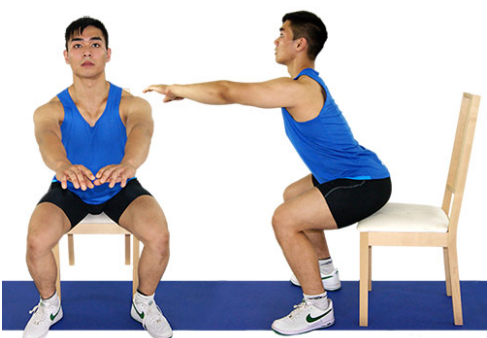
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## Sit-down squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. 15 reps.

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

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



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## Single leg sit-down squat



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Stand up, and lift one leg off the ground. Position yourself in front of a chair or stool. Bend your knee to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Repeat without putting your other leg on the ground. Throughout this exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. 15 reps.

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

Video: [http://youtu.be/64jBBa\\_ZPdc](http://youtu.be/64jBBa_ZPdc)

## Sit-down squat with band



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Place your feet shoulder width apart, or just outside shoulder width. Tie an exercise band around your knees keeping it quite tight. Stand in front of a chair, and slowly bend your knees. Maintain a good curve in your lower back, and control sitting down onto a chair. To stand up, do the opposite. Maintain a good spinal curve in your lower back, and push upwards through your legs to straighten your knees into a standing position. Repeat as required. 15 reps.

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

Video: <http://youtu.be/CkeKtaK7Peg>

## Bulgarian split squat



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Place one foot on a chair or bench behind you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg. 15 reps.

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

Video: <http://youtu.be/4OkVrtcvbC0>

## Adductor goof ball squeeze sitting



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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>

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