

# Julie Dass Injury Clinic

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Exercise plan:  
**ACL Strain**

Patient:  
**Mrs Julie Dass**

Date:  
**30th 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.

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 quadricep muscles at the front of your thigh.

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

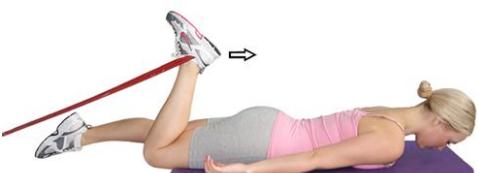


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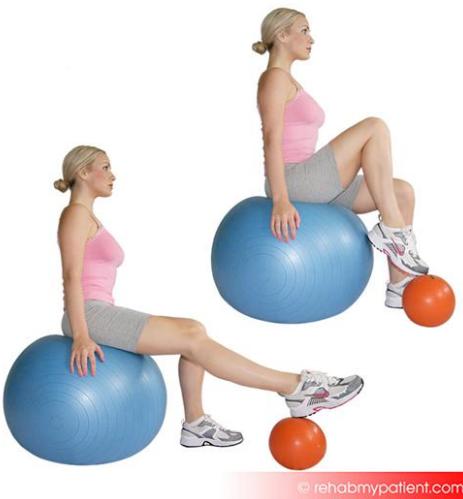
## Hamstring curl with band

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).

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.

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



## Alternate heel kicks

Standing, kick the heel towards the bottom of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks are useful for warming up the hamstring muscle group (located at the back of the thigh).

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



## 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.

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



## Box step side

Step onto a box or step to your side, placing both feet on the step, and then step down. You can step off the same side, or step off the other side of the box.

Video: [http://youtu.be/7QR\\_iew1f7Y](http://youtu.be/7QR_iew1f7Y)



## 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.

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



## Single leg stand on tip-toes

Stand on one leg. When you feel completely balanced, raise up and stand on your tip-toes/forefoot. This is a difficult exercise, so make sure you hold on to a table if you are unbalanced or do not have the adequate strength in your leg. You will feel the leg working, especially in the calf muscle, and will likely get some muscle aching all over the leg and buttock if you hold it for an extended period of time.

Video: <http://youtu.be/ak3sZPQq-ag>



## Football kicks with band

Attach a band around your ankle and anchor the opposite end. Bend your knee and kick your leg directly in front of you as if you were kicking a ball. As you kick, you should feel some resistance in the band. This may throw you off balance, and you may need to hold on to a table or wall. The leg not doing the kicking also gets a work out acting as a stabiliser.

Video: <http://youtu.be/tiQdn2WHGM4>

## Hip abduction gluteus medius side-lying

Lie on your side, and lift your leg upwards. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles, but also mobilises a stiff hip joint.



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

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## Ice to your knee (sitting)

Apply an ice pack or frozen peas to your knee. Make sure you wrap it in a thin towel so its not too cold. Use this to reduce pain and inflammation. You may also find it useful to elevate the leg to further reduce swelling.

Video: <http://youtu.be/SVINiq9gNj0>



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## 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.

Video: <http://youtu.be/mV4rsIt7C10>



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## Isometric hamstring curl double-leg supine

Lie down on your back, and bend both knees. Drag your heels along the floor towards your buttocks, pushing your heels into the floor. This creates a contraction of the hamstring muscles (back of the thighs).

Video: <http://youtu.be/lyUuke2ilPw>

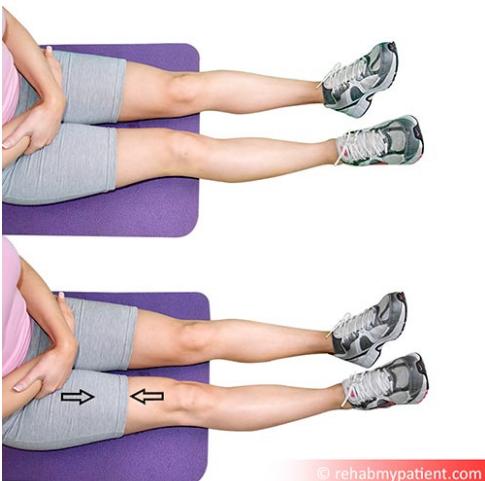


## Alternate heel kicks jogging

Standing, kick the heel towards the bottom of one leg and then go back to your start position, and then repeat with the other leg. Heel kicks are useful for warming up the hamstring muscle group (located at the back of the thigh).

Video: [http://youtu.be/Xq8Y\\_A2qBS8](http://youtu.be/Xq8Y_A2qBS8)

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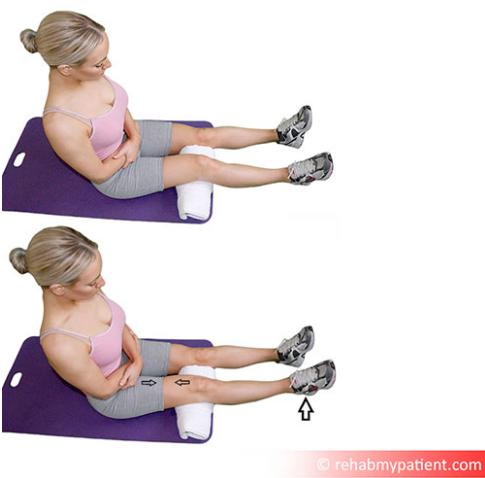


## Static quadriceps contraction sitting

Sit on the floor, and tighten your right thigh (quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. To finish, just relax the quadriceps muscle.

Video: <http://youtu.be/lZhmkM9KT4>

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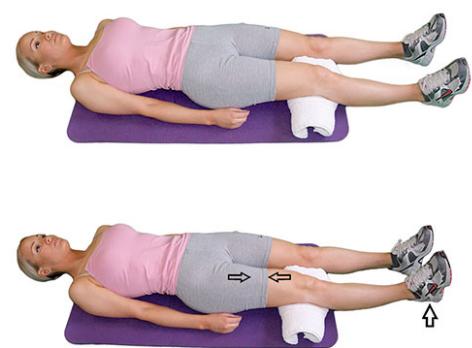


## Inner range VMO quadriceps sitting

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Sit on the floor, and place a rolled up towel under your knee. Contract and isolate your VMO by squeezing your inside thigh muscle. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor. Slowly return to the start position.

Video: [http://youtu.be/z6pmfy\\_Qels](http://youtu.be/z6pmfy_Qels)

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## Inner range VMO quadriceps lying

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Lie flat on your back, and place a rolled up towel under your knee. Contract and isolate your VMO by squeezing your inside thigh muscle. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor. Slowly return to the start position.

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

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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!