

Exercise plan:
Baker's Cyst

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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Knee flexion prone



Lie face down, and bend your knee bringing your heel towards your bottom. You will feel a gentle stretch to the quadriceps muscles at the front of your thigh. Make sure you bend the leg in a controlled way, trying not to judder or cog-wheel your foot to ensure good quality movement of the hamstring. Return to the start position slowly and using the same level of control.

Video: <http://youtu.be/z2YP70zLpbs>

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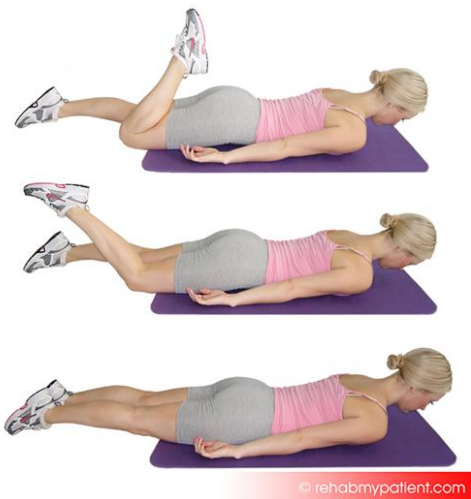
Alternate heel kicks



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>

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Knee extension prone

Lying face down, with your knee flexed, straighten your leg slowly and in a controlled manner. Return to the start position. Try not to let your leg jerk, but keep the movement as smooth as possible. This exercise is a useful hamstring rehabilitation exercise.

Video: <http://youtu.be/iTZ8cpUrVUs>



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>



1/4 wall squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/4 squat position. You can either go up and down, or keep a sustained hold. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot.

Video: <http://youtu.be/tloL0ZiDN3g>



Clam

Lie on your side, with both knees bent. Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles.

Video: <http://youtu.be/1ECrWm-3SKo>



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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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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/z6pmyf_Qels



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Hamstring stretch 10

Stand up and place one leg behind your other leg. Lean forwards gently and run your hands down your thighs, and as you come to your end of range, you should create a stretch to the back of your thigh (hamstring muscles). The stretch will feel stronger on the back leg. Hold the stretch. After the stretch, come up to a straight position.

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>



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. Good luck and keep with it!