

Exercise plan:
Chondriamalacia Patella

Patient:
Mrs Julie Dass

Date:
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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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Quadriceps stretch 3

In a kneeling position, pull one foot towards your bottom which will be the leg that is being stretched. You will feel a stretch to the quadricep muscles at the front of your thigh. This is a difficult stretch, so if you cannot manage it, then perform the quadriceps stretch in a different position, such as kneeling on both knees.

Video: <http://youtu.be/446RCwKjMhA>



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Quadriceps stretch 4 double leg

Sit down on your heels, and then relax the body backwards. Hold this position to create the stretch to both thighs. You can also lift your pelvis to create a stronger stretch to the quadricep muscles at the front of your thighs.

Video: <http://youtu.be/qhkDyVPIm9c>

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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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>

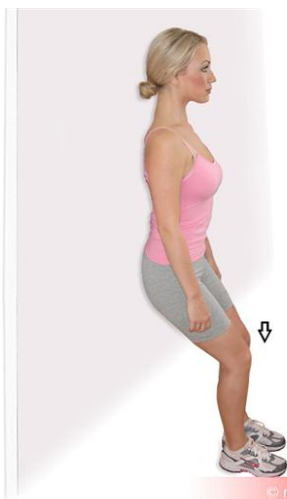


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1/4 wall squat

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>



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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>



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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.

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

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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).

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

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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>

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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>



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>



Leg lift prone

Lift your leg behind you. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles on the side you are lifting.

Video: <http://youtu.be/QsTf8NVXavA>



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>

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 quadriceps lying

Lie flat on your back, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.



Video: <http://youtu.be/jpbu0gPil6Q>

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Inner range quadriceps sitting

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.



Video: <http://youtu.be/ZPt0HPDgNDw>

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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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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!