

Exercise plan:  
**Mensicus Tear**

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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## Knee flexion passive

Sit down on the floor, and place a towel around your foot. Gently pull the towel to bend your knee. Try to keep your knee relaxed at all times. Straighten your knee to return to the start position. This is a good exercise to improve mobility in a stiff knee joint.

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



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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>



## 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)



## Hamstring stretch 6

Keeping your legs straight, touch your toes (or go down as far as feels comfortable). You will feel a stretch in your Hamstrings (at the back of your thigh) and maybe your lower back as well.

Video: [http://youtu.be/6S9exD\\_T5wY](http://youtu.be/6S9exD_T5wY)



## Sitting leg straightener

Sit down on a chair, and place a towel under your thigh. Pull your toes up, tighten the muscles in the front of your thigh (quadriceps muscles), and slowly pull your leg to a straight position. You will feel a stretch to the hamstring at the back of the thigh, and contraction of the quadriceps in the front of the thigh. Hold this stretch, and relax.

Video: <http://youtu.be/EfYV4ztjsQI>



## Football kicks

Bend your knee and kick your leg directly in front of you. This is a good mobility and control exercise for stiff knee joints. This can be progressed with the use of a resistance band.

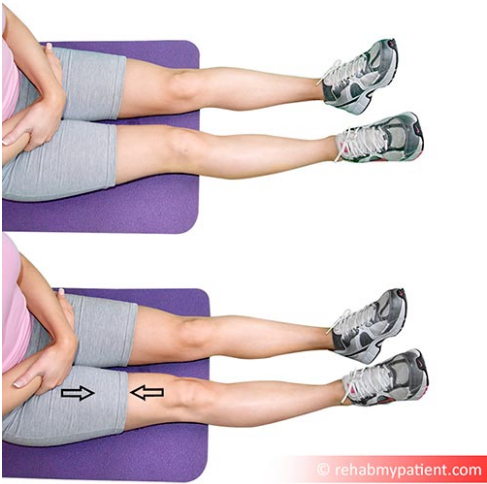
Video: <http://youtu.be/tjWQqQ4Vd3g>



## 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>



## 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/ltZhmKM9KT4>



## VMO strengthening 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 down with good posture, and press your heel into the floor. Keeping some pressure through the heel, slide your heel away from you and straighten your leg. Try to use the VMO to control the contraction rather than any other part of your body (e.g. your glutes, or Hamstrings).

Video: <http://youtu.be/lmjunlmW5gY>



## Split squat with VMO and glute contraction

Take a step forwards (as if you were going into a lunge). Make sure your knee is directly over the second ray of your foot and in good alignment (your knee should never drop inwards). Contract your VMO (the inside of the front of your thigh muscle group) and your gluteal (buttock) muscles of your front leg and slowly drop your back knee towards the ground. Your front knee stays at 90 degrees, but does not go forwards of that point. Return to the start position.

Video: <http://youtu.be/LBfYKQyf-i8>



## 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>

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!