

Exercise plan:  
**Osgood-Schlatter Disease**

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.

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

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.

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

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



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## Quadriceps stretch 4 single leg

Sit down on one heel (your other leg should be straight in front of you), and then relax your body backwards. You will feel a stretch to the quadricep muscles at the front of your thigh.

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

Video: <http://youtu.be/vX9wowCnbMM>

## Quadriceps stretch 4 double leg



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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.

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

Video: <http://youtu.be/qhkDyVPlm9c>

## Box Step front



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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 step ups on each leg.

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

Video: <http://youtu.be/EI739iJbGUU>

## Sumo full squat



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Turn your feet outwards, and widen your legs to double the width of your shoulders. Squat down into a full squat position. Always keep your feet flat on the ground, do not let your heels raise from the floor. 15 reps..

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

Video: <http://youtu.be/yxH-XqlnhT0>

## Hamstring and calf stretch 2



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Standing up, place your foot on a chair or Swiss ball. Keep your leg straight. Pull your toes and ankle towards you. You should feel a stretch behind your knee and your calf muscle and into the back of your thigh. To make the stretch stronger, push your leg downwards into the ball/chair, or rest your foot on something higher.

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

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



## 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.

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

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



## 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.

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

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



## Leg lift

Lift your leg off the floor/bed. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. Lift your leg as far as feels comfortable, but with the aim to increasing your leg lift as your leg becomes stronger and more mobile. 15 reps.

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

Video: <http://youtu.be/67ajrE4Ajak>

## 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. 15 reps.



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

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

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## 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. 15 reps.



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

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

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## Adductor medicine ball squeeze sitting

Sitting down, place a medicine 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 | Perform both sides**

Video: <http://youtu.be/Lqsfv0IMpjU>



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## 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. 15 reps.

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

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. 15 reps.

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

Video: <http://youtu.be/jpbu0gPii6Q>



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## VMO strengthening standing

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Stand with good posture, with one leg in front of your other leg and knees slightly bent. On your front leg, press your heel into the floor and pull your toes towards you. 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). 15 reps.

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

Video: <http://youtu.be/oiAPjaW7Ae0>

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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!