

Exercise plan:
**Quadriceps Stretches and
Strengthening Exercises**

Patient:
Mrs Julie Dass

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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 side-lying

Lie on your side, and pull your heel towards your bottom to feel a stretch to the quadricep muscle group at the front of your thigh. You may want to hold on to your knee of your bottom leg to give you extra support (especially useful if you are prone to back pain).

Video: <http://youtu.be/EhEnpCeq4rM>



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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>



Full wall squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90 degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

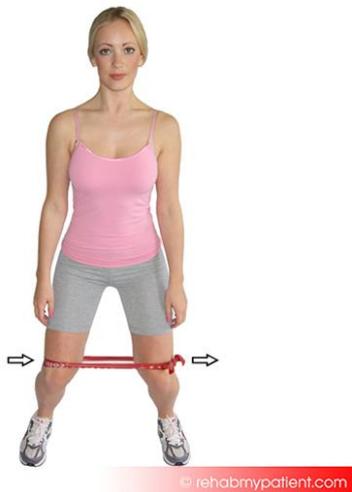
Video: <http://youtu.be/-X1x3DWoISw>



Full squat single leg cup reach

Place 5 cups in front of you, and stand in the middle of them. Squat down (on one leg), and reach for one cup then come up, then repeat with the second cup, etc. Be careful to maintain control to the leg, and do not perform the exercise too quickly. Always keep your foot flat on the ground, do not let your heel raise from the floor.

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



Lateral walk with exercise band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

Video: <http://youtu.be/i0w7KczRvkk>



BOSU squat

Stand on a BOSU, and go into a squat position. Try to maintain good form/technique. Return to the start position. Using a BOSU helps improve your balance and strengthens the smaller muscles of the leg. Always keep your feet flat on the BOSU, do not let your heels raise up.

Video: <http://youtu.be/fmvqXOEx4yU>

Reverse BOSU squat single leg



This is a very hard exercise. Stand on an upside-down BOSU, and go into a squat position on one leg. Try to maintain good form/technique. Return to the start position. Note: this exercise is hard, so only do this if you have strong legs. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Using a BOSU helps improve your balance and strengthens the smaller muscles of the leg.

Video: <http://youtu.be/x0MjdCbUDdE>

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>

Knee extension with band



Stand up, and place an exercise band around your ankle. Keep your knee in a bent position, and then straighten your leg against resistance from the band. This exercise will strengthen the quadricep muscle group (at the front of the thigh), but also improve balance and stability on your opposite leg.

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

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>



Ball knee control

Sitting on a chair or Swiss ball, place the sole of your foot onto a ball. Move the ball around in different directions, out in front of you, round in circles, to the sides. This exercise helps to improve co-ordination and proprioception in your hip, knee and ankle.

Video: <http://youtu.be/6aVh23IEwQs>



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. Good luck and keep with it!