



KNEE CONDITIONING EXERCISES



Aster
HOSPITAL

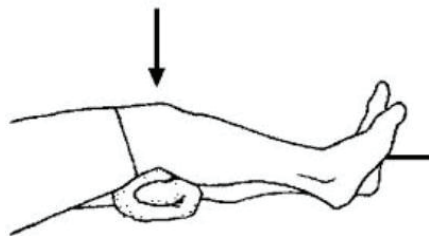
We'll Treat You Well



Digital Version



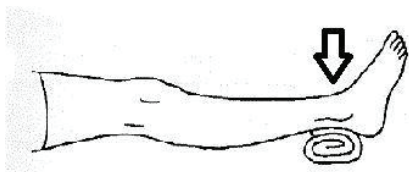
STATIC QUADRICEPS



Keep towel/pillow under the Knee and tighten the knee by Pressing the towel downwards, while holding your toe towards knee.

Hold it for _____ counts and relax. Repeat it _____ times

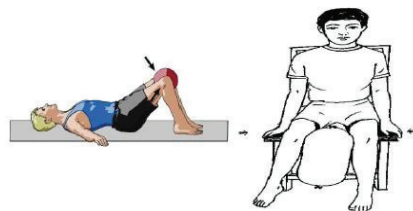
STATIC HAMSTRINGS



Keep towel/pillow under the Heel, slightly bend your knee and press your heel down wards

Hold it for _____ counts and relax. Repeat it _____ times

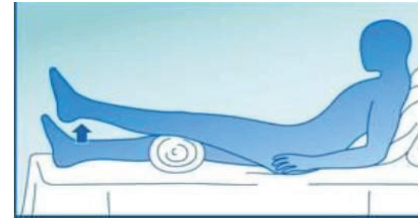
TOWEL SQUEEZE



Keep one towel roll or a pillow in between knees and press the towel with knees.

Hold it for _____ counts and relax. Repeat it _____ times

SHORT ARC EXERCISE



Place a blanket roll or bolster under your knee. Raise your heel, leaving your thigh on the roll. When raising straighten knees as much as possible.

Hold it for _____ counts and relax. Repeat it _____ times

HEELSLIDES



Lying on your back, Slide the heel backward and forward.

Repeat it _____ times

STRAIGHT LEG RAISES



Lift one leg straight upwards with knee straight, raise it up to 45° Hold it for counts and relax. Repeat it _____ times

Progression Weight: The raband:

STRAIGHT-LEGRAISES-PRONE

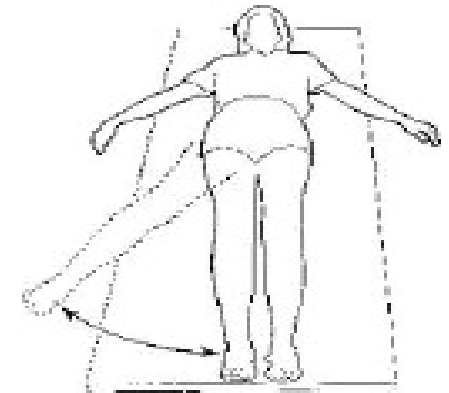


Lie on the bed on your stomach with your legs straight. Rest your head on your arms. Raise the leg toward the ceiling up to 20°

Hold it for _____ counts and relax. Repeat it _____ times

Progression Weight: The raband:

HIP ABDUCTION



Lift one leg and move outward with knee straight.

Hold it for _____ counts and relax. Repeat it _____ time

Progression Weight: The raband:

HIP ABDUCTION-SIDE LYING



Lie on one side, lift the leg upwards above the level of body about 6 to 8

inches off the bed with knee upwards, while keeping your hip extended
 Hold it for _____ counts and relax.
 Repeat it _____ times
 Progression Weight: The raband:



HIP ADDUCTION

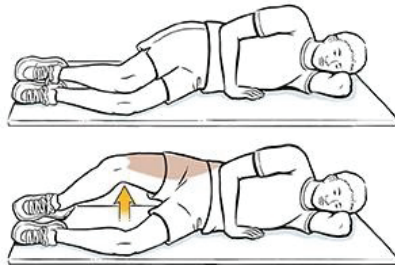


Lie down on the bed with both legs straight. Cross the opposite leg in front of the desired leg. Raise the desired leg 6 to 8 inches off the bed.
 Hold it for _____ counts and relax.
 Repeat it _____ times
 Progression Weight: The raband:



your feet in towards your hips, keeping your feet flat on the floor. Raise the hip towards ceiling, while squeezing your buttocks. Hold it for _____ counts and relax.
 Repeat it _____ times

CLAMSHELL EXERCISE

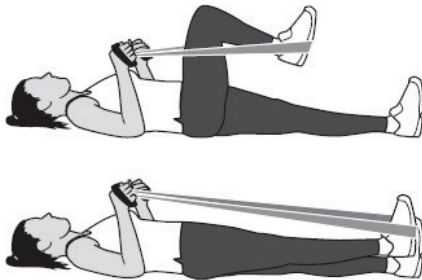


Lie on your side with your knees slightly bent and one leg on top of the other. Keep your feet together and lift your top knee towards ceiling until its parallel with your hip. Hold it for _____ counts and relax. Repeat it _____ times
 Progression Weight: The raband:

DYNAMIC QUADRICEPS



LEG PRESSES



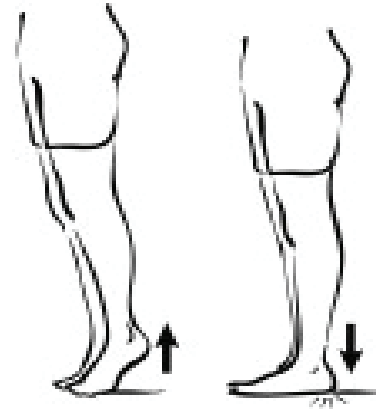
Place the centre of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the bed with your elbows and knee bent.
 Slowly straighten your leg directly in front of you, pushing against the elastic band.
 Hold it for _____ counts and relax.
 Repeat it _____ times

DOUBLE LEG BRIDGE

Lie on your back with your arms resting at your side. Bend your knees and bring

In sitting position keep both hands on thigh and straighten the knee.
 Hold it for _____ counts and relax.
 Repeat it _____ times
 Progression Weight: The raband:

STANDING HEEL RAISE



Stand with your weight evenly distributed over both feet. Hold on to the back of a chair or a wall for balance. Raise the heel of your foot as high as you can.
 Hold it for _____ counts and relax.
 Repeat it _____ times

ONELEG STANDING

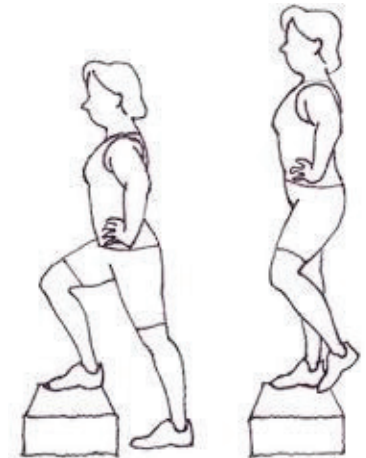


Lift one leg off the floor, maintaining your balance. Try to hold the position for _____ seconds to start, work up to holding the position for 30 seconds. (Use Chair or counter for support)
 Repeat it _____ times

Progression :

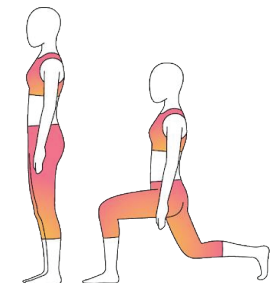
1. Reach one arm out in different direction
2. Close your eyes

STEPUP EXERCISE



Stand with one foot on the step and one foot placed behind you on the floor. Raise yourself upon the step. Keep your stomach and buttocks muscles tight and your pelvis level. Repeat it _____ times

FORWARD LUNGES



Stand with your feet shoulder width apart. Step forward with one foot, drop your back knee towards floor. Keep the forward knee over your ankle. Return to starting position (hold on to chair or rails for support)

Repeat it times

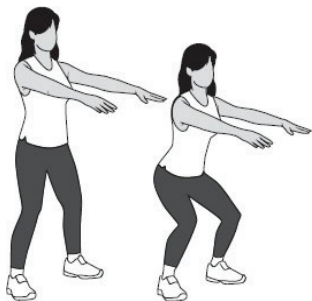
HAMSTRING CURLS



Hold onto the back of a chair or a wall for balance. Bend your desired knee and raise your heel toward the ceiling as far as possible without pain.

Hold it for _____ counts and relax. Repeat it _____ times

HALF SQUATS



Stand with your feet shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance.

Keep your chest lifted and slowly lower your hips about 10 inches, as if you are sitting down into a chair.

Plant your weight in your heels and hold the squat for _____ counts.

Repeat it _____ times.

STRETCHING EXERCISES HEEL CORD STRETCH



Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly. Keep both heels flat on the floor and press your hips forward toward the wall.

Hold this stretch for 30 seconds. Repeat it _____ times

STANDING QUADRICEPS STRETCH

Hold on to the back of a chair or a wall for balance. Bend your knee and bring your heel up toward your buttock. Grasp your ankle with your hand and gently pull your heel closer to your body.



Hold this position for 30 seconds. Repeat it _____ times

SUPINE HAMSTRING STRETCH

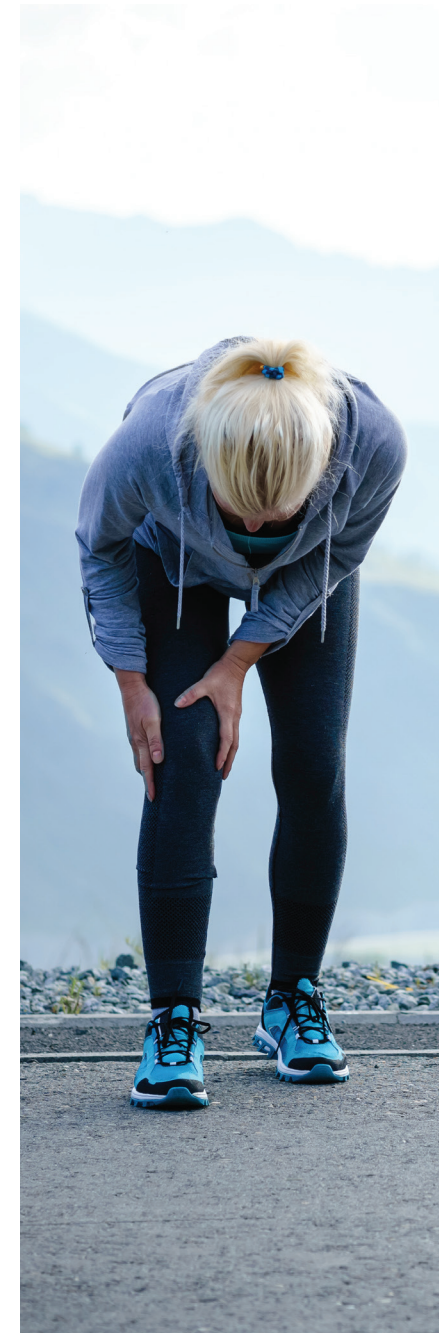


Lie on the floor with both legs bent. Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. Straighten your leg and then pull it gently toward your head while keeping ankle towards your knee, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.) Hold this position for 30 seconds.

Repeat it _____ times

All Exercises should be done as per the prescribed dosage and frequency for maximum benefit

Caution: You should stop exercise immediately if pain increases/persists. Consult a physiotherapist





PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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