



QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS



Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day

HIP ADDUCTION SQUEEZE - SUPINE - ISOMETRIC ADDUCTORS



Place ball, rolled up towel or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.

Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day

HEEL SLIDES - SUPINE



Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.



Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day

SHORT ARC QUAD - SAQ - KNEE EXTENSION



Place a ball or rolled up towel under your knee and slowly straighten your knee as you lift your foot. Lower back down and repeat.

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 2 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times
Complete 2 Sets

Perform 2 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times
Complete 2 Sets

Perform 2 Times a Day



CALF STRETCH WITH TOWEL - GASTROCNEMIUS

While in a seated position, place a towel around the ball of your foot and pull your ankle back until a stretch is felt on your calf area.

Keep your knee in a straightened position during the stretch.

Repeat 5 Times
Complete 1 Set

Hold 10 Seconds
Perform 2 Times a Day



Plantarflexion

Sitting with leg straight, place the band loop around your involved foot. While holding the other end of the band point your foot down against resistance.

Repeat 10 Times
Complete 3 Sets

Perform 2 Times a Day

