

Notes:

1. Isometric Quad

- Sit with your knee supported on a rolled towel.
- Contract your thigh muscle (quadriceps) to push your knee down on the towel without lifting your foot off the ground.
- Relax and repeat.

Sets: 3 Repetition: 10 Frequency: 2 x / day

2. Isometric Vastus medialis

- Sitting with rolled towel under knee.
- Turn your foot outwards slightly then straighten your knee.
- Feel on the inside of your knee for the activation of the inner quad (VMO)
- Ensure that the inner quad (VMO) activates before the outer quad

Sets: 3 Repetition: 10 Frequency: 2 x / day

3. Active ROM Flex / Ext

- Lie on your back with your legs straight.
- Slide your heel on the bed towards your buttock to bend the knee. Don't bend past 90 degrees.
- Lower your knee towards the bed to straighten you leg as much as you can.

Sets: 3 Repetition: 10 Frequency: 2 x / day

4. Proprioception SLS

- Stand in front of a counter.
- Lift one leg off the ground so as to keep your balance on one foot.
- Try to keep standing without holding on.
- 1 MINUTE
- PROGRESSION : Close your eyes

5. Active ROM Extension

- Lie down on your back or sit up with legs out straight
- Place a rolled up towel under your knee
- Tighten thigh muscles straightening the knee.
- Hold for 5-10 seconds
- Return to start

Sets: 3 Repetition: 10 Frequency: 2 x / day

Notes:

6. Active ROM Extension

- Lie on your back with a towel rolled under your ankle.
- Push your knee down towards the bed so as to straighten it as much as possible.
- Relax your knee and repeat, gently push front of shin to help achieve full range of extension.

Sets: 3 Repetition: 10 Frequency: 2 x / day

7. Stabilization Active SLR

- Lie on your back with your leg straight
- Lift your leg up keeping knee as straight as you can
- Hold for 2 seconds
- Slowly Lower

Sets: 3 Repetition: 10 Frequency: 2 x / day

8. Strengthening Glutes

- Lie on your back with your knees bent, and arms crossed in front of chest.
- Activate the deep/core stomach muscles. Roll pelvis back into the bed and lift vertebra up one by one by controlling through core muscles and squeezing through your buttocks.
- Lower slowly making sure you do not allow your hips to dip all the way forwards at the end.

Sets: 3 Repetition: 10 Frequency: 2 x / day