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Notes:

### 1. Active ROM Flex / Ext



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

- 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.

### 2. Active ROM Flexion/Extension



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

- Sit up straight in a chair with your feet comfortably apart, and a towel placed under one foot.
- Using your foot, slide the towel under the chair by bending your knee as far as you can.
- Then, push the towel forward as far as you can by straightening your knee and repeat.

### 3. Active ROM Extension



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

- 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.

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#### 4. Assisted ROM Flexion



Sets: 3 Repetition: 5 Frequency: 2 x / day Hold: 10 - 20 sec.

- Lie on your back, place a belt or towel around your ankle and hold it firmly with your hands.
- Bend your knee as far as you can and then pull on the belt or towel with your hands to increase the flexion.
- Maintain the position and relax.

#### 5. Assisted ROM Flexion



Sets: 3 Repetition: 5 Frequency: 2 x / day Hold: 10 - 20 sec.

- Lie on your stomach and bend your knee as far as you can.
- Cross your other leg over your bent leg and push on it to increase the flexion.
- Maintain the position and relax.
- NOTE: Do not raise your pelvis up off the bed when you push your knee bent. Keep it in contact with the bed at all time

#### 6. Isometric Quadriceps



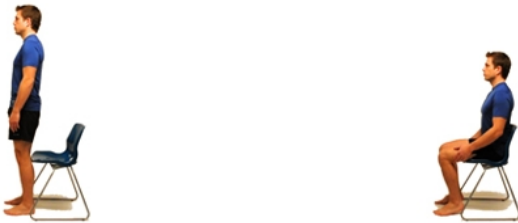
Sets: 3 Repetition: 10 Frequency: 2 x / day

- Sit with your leg extended.
- Tighten the quadriceps muscles on front of the thigh by trying to push the knee downward.

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### 7. Sit to stand



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

- Stand up from a chair from one leg, keeping your balance

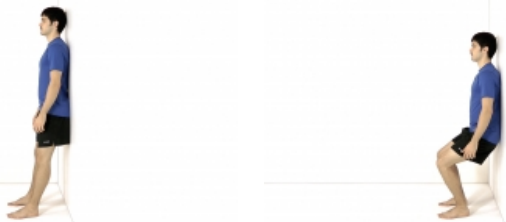
### 8. Isometric Vastus medialis



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

- 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

### 9. Quarter wall squat



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

- Stand with your back against a wall with your feet shoulder width in front on you.
- Slide down the wall until your knees are about 45° flexed.
- Slide back up to return to the starting position then repeat.

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### 10. Stabilization Squat



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

- Place the ball between your back and the wall.
- Stand with your feet facing forward and far enough from the wall so your legs are at 45 degrees from the wall.
- Slowly bend your knees to a partial squat keeping your knee caps in line with 2nd toes and your back slightly arched.
- Slowly return to standing position.

### 11. Squat



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

- Hands on the hips, initiate the squat with your hips. (Put your hips back as you were sitting on a chair). Keep the spine neutral and knees aligned.

### 12. Stabilization Lunge



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

- Stand with your feet apart (one forward, one backward)
- Lower your body by bending the knees to 90 degrees without touching the floor with you back knee.
- Return to initial position and repeat with your feet placed the opposite way.
- You can do this as a walking lunge too