

www.physiotec.ca

Notes:

1. 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 5seconds
- Return to start

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

2. Knee extension



- Sit down on a chair with your back straight.
- Fully straighten your right leg . Hold for 2 seconds and repeat

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

3. Stabilization Side squats



- Standing with both feet wide apart with hand together in front.
- Lean to one side, keeping knee cap in line with 2nd toe and a slightly arched back (hips stick back).
- Push through the heel to return to starting position and then repeat on other side.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

www.physiotec.ca

Notes:

4. Strengthening ABD/ER



- Lie on your side
- Place your top leg behind you
- Lift up the top leg , hold for a second and gently lower.
- Return to initial position and repeat.
- Ensure that the top leg is always kept behind you
- PROGRESSION: Repeat with a weight at the ankle.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

5. Clam



- Lie on your side with both legs slightly bent so that the soles of your feet are in line with your back.
- Activate the pelvic floor and deep abdominal muscles to stabilise this neutral spine position.
- Remember not to let your pelvis tip backwards.
- Slowly lift the top knee upwards keeping your ankles together. Lower the knee back to the starting position and repeat.
- You should feel this exercise working on the outside of your top buttock

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

6. 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: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

www.physiotec.ca

Notes:

7. Strengthening Hamstring



- Attach an elastic to secure object and to ankle of involved leg.
- Lie on your stomach with your knee straight.
- Bend your knee through available range without lifting hips.
- Return to starting position and repeat.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

8. Strengthening Quadriceps



- position knee over a rolled towel bending to about 30 degrees.
- Push your knee onto the roll and straighten knee fully by lifting the foot as high as possible.
- Focus on tightening / squeezing the inner quad (VMO)
- Slowly lower the leg to starting position and repeat.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

9. Strengthening SLR



- Lie on your back with your uninvolved knee bent.
- Raise your leg to 45 degrees keeping it straight.
- Slowly lower your leg to starting position and repeat.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

www.physiotec.ca

Notes:

10. Strengthening Wall squat



- Place a ball between your back and the wall with your feet apart the width of your hips and facing forward.
- Slowly bend your knees to 90 degrees keeping knee caps in line with 2nd toe.
- Slowly return to standing position and repeat.
- NOTE: Maintain proper low back posture (slightly arched) and stability of the knees (avoid any lateral movements).
- Don't let your knees go further than your ankles.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

11. Walking lunges

- With your knee at hip width, take a step forward and try to get a 90 degrees flexion at the knee and the hip. Keep your torso and your hip stable and the foot aligned with the knee



and the hip. Bring the trailing leg in front to make another step. Repeat as indicated.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.

12. Wall squat



- Stand up against a wall with your feet in front of you (distance feet/wall: when your thighs are parallel to the ground your knees should be at 90°).
- Slide up and down the wall and keep the upperbody in contact with the wall.
- Go down to parallel with your thighs.
- Keep the knees in line with the feet.

Sets: 3 Repetition: 12 Frequency: 1xday Tempo: 2-0-2 Rest: 60 sec.