

# Knee Isometrics

## Patella Femoral Syndrome

### HAMSTRING STRETCH



1. Sit with your \_\_\_\_ leg straight, and the \_\_\_\_ leg comfortably bent
2. Reach forward with your \_\_\_\_ hand to grip the sole of your foot. Press your \_\_\_\_ hand on to your knee to maintain knee extension
3. Maintain spinal alignment, gently curving throughout the whole spine
4. 5 repetitions, 2X day

### QUAD STRETCH



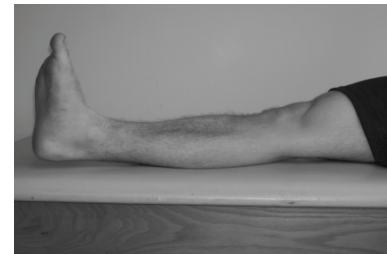
1. Stand side-on to a wall with your hands supporting your body weight
2. Flex your \_\_\_\_\_ leg, and grip your ankle with your knee flexed
3. Pull your hip back into extension, while maintaining correct spinal alignment
4. 5 repetitions, 2X day

### CALF STRETCH



1. Position your body against a wall as shown with \_\_\_\_\_ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. 5 repetitions, 2X day

### QUAD SETS



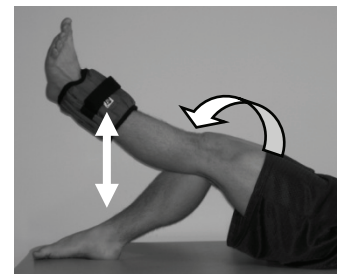
1. Sit or lie on your back with \_\_\_\_ leg straight.
2. Press the back of your \_\_\_\_ knee downward.
3. This will tighten the muscle on top of your thigh and move your kneecap as shown.
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1-2 X day

### WEIGHTED STRAIGHT LEG RAISE



1. Lie on back with \_\_\_\_\_ knee straight and the other knee bent as shown
2. Place a 1-10 lb. weight around your ankle
3. Keep the leg completely straight, then raise it about \_\_\_\_ inches
4. 10 repetitions, up to 3 sets, 1X day

### ROTATED WEIGHTED STRAIGHT LEG RAISE



1. Lie on back with \_\_\_\_\_ knee straight and the other knee bent as shown.
2. Place a 1-10 lb. weight around your ankle
3. Keep the leg completely straight with toes pointed outward, then raise it \_\_\_\_ inches
4. 10 repetitions, up to 3 sets, 1X day

## WEIGHTED STRAIGHT LEG EXTENSION



1. Lie on belly with pillow positioned as shown.
2. Place 1-10 lb. cuff weight around \_\_\_\_ ankle.
3. Raise leg off floor as shown.
4. Hold 2-3 seconds
5. 10 repetitions, up to 3 sets, 1-2 X day

## WEIGHTED STRAIGHT LEG ABDUCTION



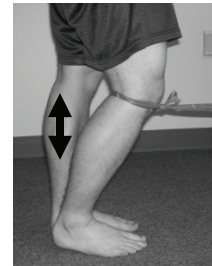
1. Place 1-10lb cuff weight around \_\_\_\_ ankle
2. Lie on side with \_\_\_\_ leg on top
3. Bend lower leg slightly
4. Raise top leg straight up, without letting it come forward
5. Hold 2-3 seconds, slowly lower
6. 10 repetitions, up to 3 sets, 1 X day

## WALL SQUAT



1. Stand with back against wall, feet shoulder width apart and 18 inches from wall
2. Slowly slide down wall until you are in a "chair position"
3. 10 repetitions, up to 3 sets, 1X day
4. This should be done pain free

## TERMINAL KNEE EXTENSION



1. Arrange tubing around \_\_\_\_\_ leg as shown
2. Begin with knee bent partway (about 1/3), then slowly straighten knee
3. Slowly bend knee again
4. 10 repetitions, up to 3 sets, 1X day

## LATERAL STEP UP



1. Place enough books on floor to total \_\_\_\_ inches
2. Hold onto solid object for support.
3. Step up onto books with \_\_\_\_\_ foot
4. Slowly lower
5. 10 repetitions, up to 3 sets, 1X day
6. This should be done pain free

CRYOTHERAPY

\_\_\_\_ MINS \_\_\_\_ X per day

ICE CUP

ICE BAG

STAFF \_\_\_\_\_

PHONE \_\_\_\_\_