

Exercise plan:
ski knee

Patient:
Ms skiing training

Date:
16th Jan 2019



© rehabmypatient.com

Static Quadriceps Contraction Lying

Lie flat on your back. Tighten your right thigh (quadriceps) muscle by actively tensing/squeezing the muscle, noticing that as you do so your leg will naturally straighten slightly. Lift the heel slightly off the floor as you do it, and press your knee into the floor slightly. To finish, just relax the quadriceps muscle.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/JuxgB5hct7c>



© rehabmypatient.com

Inner Range VMO Quadriceps Lying

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Lie flat on your back, and place a rolled up towel under your knee. Contract and isolate your VMO by squeezing your inside thigh muscle. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor. Slowly return to the start position.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/tlwLDomsTII>



© rehabmypatient.com

Inner Range Quadriceps Lying

Lie flat on your back, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Perform 3 times daily | Repeat 3x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/jpbu0gPii6Q>



© rehabmypatient.com

Inner Range Quadriceps Sitting

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/ZPt0HPDgNDw>



© rehabmypatient.com

VMO Strengthening Sitting

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Sit down with good posture, and press your heel into the floor. Keeping some pressure through the heel, slide your heel away from you and straighten your leg. Try to use the VMO to control the contraction rather than any other part of your body (e.g. your glutes, or Hamstrings).

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/ImjunlmW5gY>



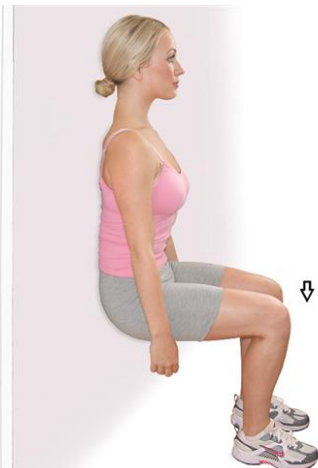
© rehabmypatient.com

Inner Range VMO Quadriceps Sitting

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Sit on the floor, and place a rolled up towel under your knee. Contract and isolate your VMO by squeezing your inside thigh muscle. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor. Slowly return to the start position.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: http://youtu.be/z6pmyf_Qels



© rehabmypatient.com

Full Wall Squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90 degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

Perform 3 times daily | Repeat 3 times | Hold for 10 seconds | Perform both sides

Video: <http://youtu.be/-X1x3DWoISw>



1/2 Squat Ball Squeeze

Open your legs but hold a ball between your knees/thighs, and bend your knees to the 1/2 squat position. Make sure you keep the middle of your kneecap in line with the middle toes of your foot.

Perform 3 times daily | Repeat 10x3 times | Hold for 3 seconds | Perform both sides

Video: <http://youtu.be/hqOYKrLJTbE>

Quadriceps Stretch 1

Lie face down, and bend your knee bringing your heel towards your bottom. Use your hand or a towel to create overpressure. You will feel a stretch into the front of your thigh.

Perform 2 times daily | Repeat 3-5 times | Hold for 8-10 seconds | Perform both sides

Video: <http://youtu.be/DcRxNzNq8k4>



Quadriceps Stretch 2

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

Perform 2 times daily | Repeat 3-5 times | Hold for 8-10 | Perform both sides

Video: <http://youtu.be/BZwmTXwu2fk>



Hamstring Stretch 4

Lying down on your back, flex your hip until you can feel a stretch behind your thigh (in the hamstring muscles). You may not be able to get to 90 degrees, but go as far as you feel the stretch.

Perform 2 times daily | Repeat 3-5 times | Hold for 8-10 | Perform both sides

Video: <http://youtu.be/xzKquPpD9wQ>



© rehabmypatient.com

Dear Ms training, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on sharon230@btinternet.com. Good luck and keep with it!

Exercise Diary:



Static Quadriceps Contraction Lying

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Inner Range VMO Quadriceps Lying

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Inner Range Quadriceps Lying

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Inner Range Quadriceps Sitting

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



VMO Strengthening Sitting

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Inner Range VMO Quadriceps Sitting

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Full Wall Squat

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



1/2 Squat Ball Squeeze

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Quadriceps Stretch 1

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



© rehabmypatient.com

Quadriceps Stretch 2

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



© rehabmypatient.com

Hamstring Stretch 4

16. Jan (Week 1)							23. Jan (Week 2)							30. Jan (Week 3)							06. Feb (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Feb (Week 5)							20. Feb (Week 6)							27. Feb (Week 7)							06. Mar (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>