



Patella Mobilization

With knee straight out in front, gently mobilize knee cap from side to side and up and down.

Sets:	3
Reps:	
Weight:	
Hold:	4 sec
Rest:	30-60
	daily

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Knee Terminal Extension

Sitting on floor with one leg extended straight out in front. Place a pillow or rolled towel under knee. Pull the toes back and push knee down into the towel by squeezing the thigh muscle. Hold, release and repeat.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
	daily

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Straight Leg Raise - 1/2 Seated

Sitting with legs extended straight out. Turn the foot of the involved leg slightly outward and raise the leg up. Maintain an abdominal hollow throughout the movement.

Sets:	2
Reps:	12
Weight:	
Hold:	4 sec
Rest:	30-60
	daily

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Squat /Adduction - Ball

Standing along wall with feet about 2 feet from wall. Place a ball between knees and squeeze knees together to hold ball firmly. Perform wall squats holding the ball with sustained pressure.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

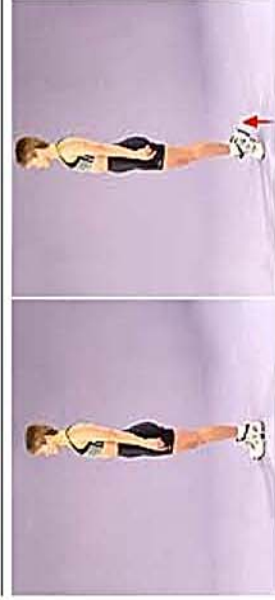


Hamstring Curl - Standing

Stand on one end of tubing and wrap other end around opposite ankle. Stand supported and slightly flexed at the waist maintaining an abdominal hollow. Pull heel toward buttocks keeping toes pointed. Return to starting position slowly and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
	4 x/week

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Heel Raise - Bilateral

Standing, raise up onto tip toes. Lower and repeat. Move with control and maintain abdominal hollow and postural alignment.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

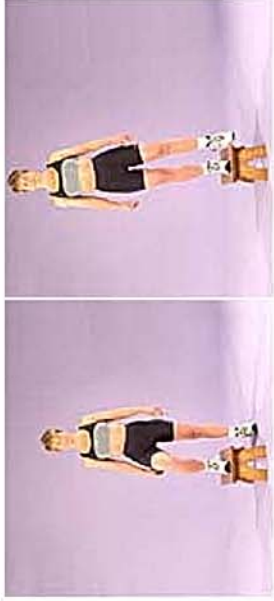


Squats

Standing with feet slightly wider than shoulder width apart holding gym ball straight out in front.
Lower body down into a squat position, keeping heels on floor, head up and back straight.
Maintain abdominal hollow and chin tuck.
Keeping weight centered over the ankles, push up to start position.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week



Side Step Ups

Stand sideways beside a stool.
Place one foot up onto stool.
Raise body weight straight up, then lower.
Lower foot back down and repeat.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week



Forward Lunge

Stand tall maintaining readiness position.
Step forward with one foot (longer than a normal stride, heel/toe).
Keeping upper body upright, slowly lower body down until back knee almost touches the floor.
Front knee should not bend past 90°.
With control, return to starting position.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
	5 x/week