



THE KNEE

Target Exercises

SERIES I: AROM STRETCHING

Extension Stretch (optional)



Flexion Stretch (optional)



Standing Quad Stretch



Heel Cord Stretch



The Hamstring Stretch



SERIES II: GENTLE STRENGTHENING

Single Leg Raises



Adduction Raise



Extension Leg Raise



Knee Flexion



Step-Ups



Ankle Balance Support (optional)



Knee Extension (Open Chain)



SERIES III: STRENGTHENING WITH SYNERGY

Closed Chain Front Extension



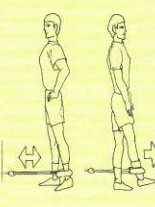
Closed Chain Side Extension



Adduction Squeeze



Reversal Kicks



Support Squeeze Ball Squat



The Forward Three-Step



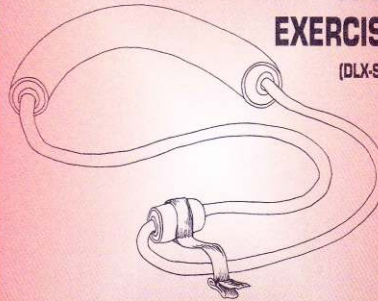
The Backward Three-Step



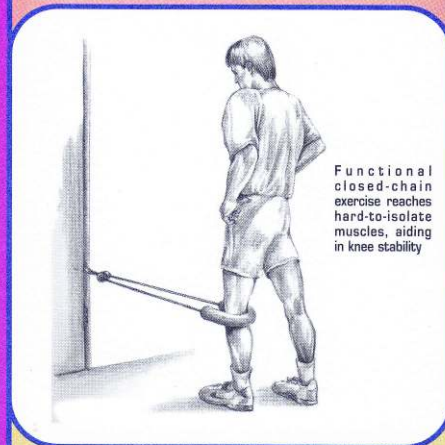
The Hamstring Slide (optional)



THE SYNERGY SPORT EXERCISER (DLX-SPORT)



Provides the comfortable and secure support required in knee rehabilitation.



Functional closed-chain exercise reaches hard-to-isolate muscles, aiding in knee stability.

STRETCHING

Regular stretching gives you greater ability to move, reduces pain, and DECREASES the possibility of re-injury when executed correctly. Once in the correct stretch position, try to relax the muscles. This will help achieve even better stretch results. There is a difference between a dull ache being gently stretched and the sharp pain being further traumatized. The latter will cause further set-backs. Pain should not be experienced. It's the body's natural warning sign that it's been pushed too hard. So stretch gently. Never move quickly or create jerky or bouncing motions. If pain is experienced during any portion of your rehab routine, simply stop. It indicates that you have over-stressed your body. Pain also tightens muscles, which defeats your purpose, so move in and out of each stretch slowly.

GENTLE STRENGTHENING

Series II concentrates on specific exercises to strengthen and help stabilize injured areas, restoring proper posture and balance, and reducing the potential for re-injury. To continue on with our daily functions we must develop body smartness, improving our ability to deploy our body accurately, efficiently and fluidly. Synergy's exercises center on developing body awareness and function. Remember to start out slow and stay with it!

STRENGTHENING WITH SYNERGY

Series III incorporates the Synergy Device interacting in muscle activities under conditions of increased resistance. The purpose is to enhance the effectiveness of stabilization and function while reducing the possibility of re-injury through a series of isolated strengthening exercises with the Synergy Device.

Some exercises require mounting the Synergy Device. To do so, position the door mount on the side of the door that opens away from you on the hinge side. Place the strap between the door and the door jam. Make sure the door is secure and locked.

- Synergy Exerciser:** (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)
- DLX-TRAINER 8 or 15
 - DLX-SINGLE
 - DLX-DOUBLE
 - DLX-SPORT
 - DLX-TOTAL BODY
 - BALL 22, 55, 65 or 75cm
 - PRO-SINGLE
 - PRO-DOUBLE
 - PRO-SPORT
 - PRO-TOTAL BODY
 - E-ROM
 - E-CERVICAL
 - E-HAND POWER
 - E-FOOT
 - OTHERS:

Notes: