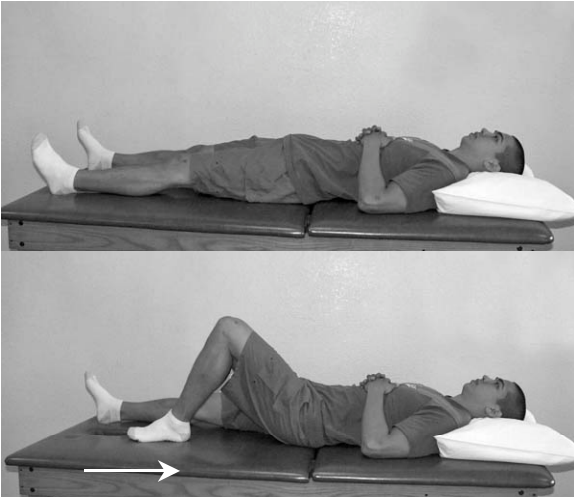


- Perform Routine _____ times a day.
- Stop any exercise that increases your pain and consult your physical therapist

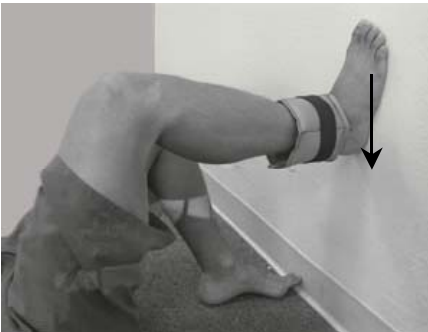
θ Heel Slides



- Sitting or lying down, slide heel back and forth along table/bed/floor
- **PURPOSE:** Increase flexibility of knee and activate hamstring muscles

Do _____ sets of _____ repetitions

θ Wall Heel Slides



θ Seated Heel Slides



- **Wall Heel Slides**, lie down, put weight on injured ankle, and let it passively slide down the wall
- **Seated Heel Slides** push injured foot backwards with uninjured foot
- **PURPOSE:** to increase knee flexion range of motion

Hold _____ seconds _____ repetitions

θ Prone Hangs



- the kneecap should be just off the edge of the table/bed
- relax and let weight straighten out knee
- **PURPOSE:** increase knee extension range of motion

Hold _____ seconds _____ repetitions

θ Quadriceps Stretch



- Pull strap to bend knee as far as tolerated or until you feel a stretch in the front of the thigh (the quads)
- **PURPOSE:** increase knee flexion range of motion and stretch quad muscle

Hold ____ seconds ____ repetitions

θ Hamstring Stretch



- pull leg up until stretch is felt at the back of the thigh
- Stop or reduce the stretch if numbness or tingling or burning is felt in the foot or back of leg

θ precede with ankle pump to glide the sciatic nerve 20x

PURPOSE: Increase knee extension range of motion and stretch hamstring muscle

Hold ____ seconds ____ repetitions

θ IT Band Stretch



- Stretch the top of the upper leg by pushing down with bottom leg
- If you don't feel it stretching, scoot down towards edge of table

Hold ____ seconds ____ repetitions

θ Calf Stretch



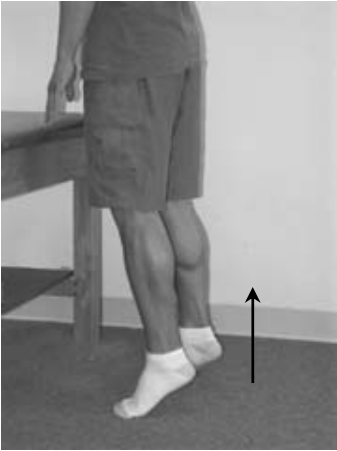
θ Soleus Stretch



- **Calf:** keep knee straight, feet pointed straight ahead and arch lifted and lunge forward
- **Soleus:** bring rear foot closer, bend knee and repeat the same stretch as above

Hold ____ seconds ____ repetitions

θ Heel Raises



- Feet pointed straight forward
- Lift heels up and down
- Heels should bow in a little
- PURPOSE: strengthen calf muscles

θ tennis ball between heels

θ do with single leg

Hold ____ seconds ____ repetitions

θ Quad Sets



- Push knee down as you tighten the quad muscle
- PURPOSE: strengthen quad muscle in thigh

Hold ____ seconds

Do ____ sets of ____ repetitions

θ Straight Leg Raises

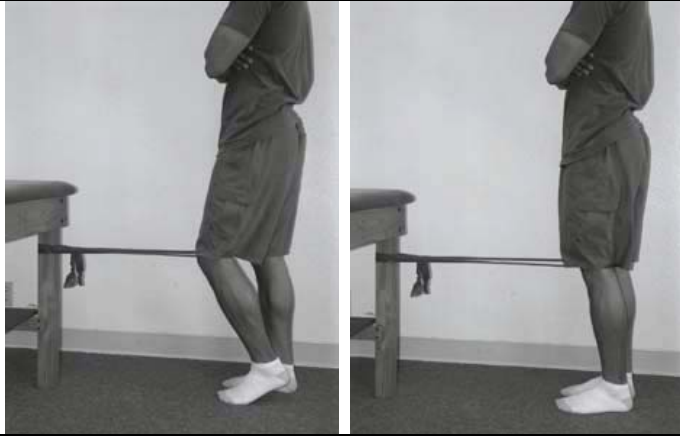


- Do the above quad set first and then lift leg a few inches
- Keep knee *straight!*
- PURPOSE: strengthen quad muscle in thigh

Do ____ sets of ____ repetitions

θ Terminal Knee Extension

- With theraband above the knee, bend and straighten knee slowly
 - Let heel lift off of ground when knee comes forward
- PURPOSE: strengthen and enhance coordination of quad muscle in thigh
- ALTERNATE VERSION: stagger leg with the theraband behind the other leg, keep body centered and do not allow hips to move. Keep weight centered over both feet



- Do ____ sets of ____ repetitions

θ Hamstring Curls with Theraband



- Slide heel back and forth along floor
- PURPOSE: strengthen hamstring muscle

Do ____ sets of ____ repetitions

θ Wall Squats θ Mini Squats



- **Wall squats:** Feet should be a foot in front of you
 - Slide up and down the wall, pushing with legs
 - Back flat against wall
 - **Mini squats:** keep feet shoulder width apart
 - Only squat half-way down
 - Knees never go beyond toes
- PURPOSE: strengthen quad and gluteal muscles

Do ____ sets of ____ repetitions

θ Single Leg Mini Squats



- Just barely bend knee and then return to straight position
 - Knees never go beyond toes
- PURPOSE: strengthen quads and enhance balance

Do ____ sets of ____ repetitions

θ Single Leg Balance



- Balance with knee just slightly bent, looking straight ahead

θ close eyes

θ swing arms back and forth

θ spiraling (reach down and across body and up and out, following your hand with your eyes)

PURPOSE: enhance balance

Hold 10-20 seconds and repeat 10-20 repetitions

θ Ball Hamstring Curls



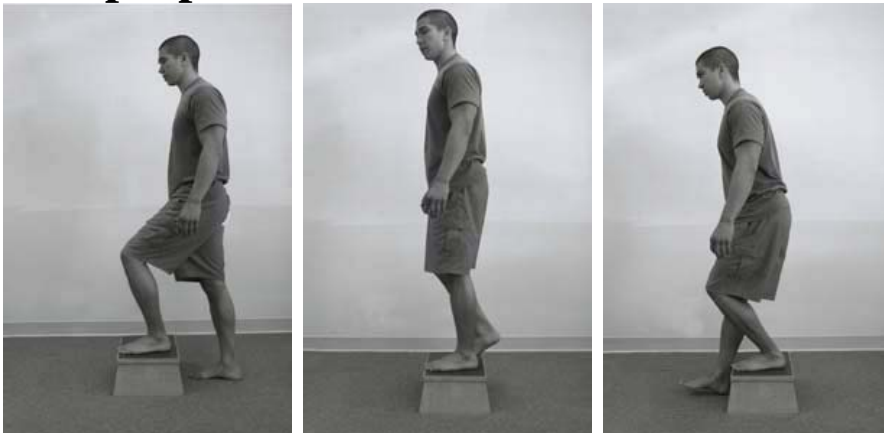
- Lift hips off ground and then bend knees back and forth, keeping hips up

θ hips on ground for easier version

PURPOSE: strengthen hamstrings and gluteals

Do ____ sets of ____ repetitions

θ Step Up and Over



- Injured leg should be on the step

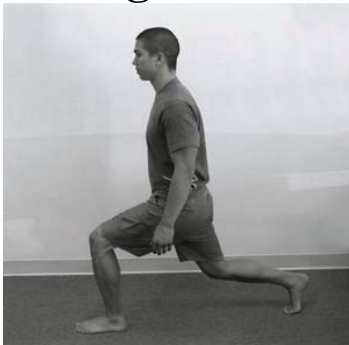
- Hips level

- Knee should line up with toes (not bowing in)

PURPOSE: strengthen leg muscles, improve function

Do ____ sets of ____ repetitions

θ Lunges



- Walk taking steps as big as you safely can
- Knees never go beyond toes

PURPOSE: strengthen leg muscles, improve function

Do ____ sets of ____

θ Stork Stand

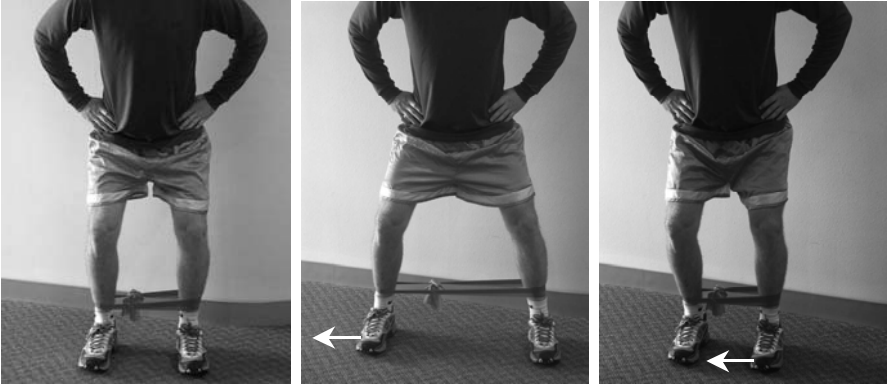


- Stand against wall, push leg against wall as you rotate standing leg outward

- Foot flat on floor

- Knee slightly bent
PURPOSE: strengthen hip external rotator, abductor muscles

Do ____ sets of ____

repetitions	repetitions
<p>0 Crabwalk with Theraband</p> 	<ul style="list-style-type: none"> • wrap the band around your ankles or knees • walk side to side, keep tension on the band the whole time • walk to the right and left, facing one way the whole time <p>PURPOSE: strengthen hip abductors, gluts and quads</p> <p>Do ____ sets of ____ repetitions</p>