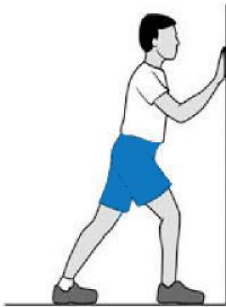




KNEE CONDITIONING PROGRAM

Stretching Exercises

1. Heel Cord Stretch



- Facing a wall, stand with your unaffected leg forward, bending your knee slightly. Your affected leg should be straight and behind you, keeping the heel flat and the toes slightly pointed inwards.
- With both heels flat on the floor, press your hips forward towards the wall.
- Hold this stretch for 30 seconds. Then relax for 30 seconds.
- Repeat.

2. Standing Quadriceps Stretch



- Take the support of the back of a chair or a wall for balance.
- Bring your heel up toward your buttock by bending your knee
- Gently grasp your ankle with your hand and pull your heel closer to your body.
- Hold this position for 30 to 60 seconds. Repeat with the other leg.

3. Supine Hamstring Stretch



- Lie on the floor with both legs bent.
- Lift one leg off the floor and bring the knee toward your chest by clasping your hands behind your thigh below your knee.
- Straighten your leg and then pull it gently toward your head, until you feel a stretch.
- Hold this position for 30 seconds.
- Repeat it with the other leg.



4. Half Squats



- Stand with your feet, shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance.
- Lift your chest, and gradually lower your hips about 10 inches, like sitting down into a chair.
- Put your weight in your heels. Hold the squat for 5 seconds.
- Pushing through your heels, bring your body back up to standing.

5. Hamstring Curls



Hold onto the back of a chair or a wall for balance.

- Bend your affected knee and raise your heel toward the ceiling as far as possible without pain.

Hold this position for 5 seconds and then relax. Repeat.

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6. Calf Raises



- In the standing position distribute your weight evenly over both feet. Hold onto the back of a chair or a wall for balance.
- Lift your unaffected foot off the floor, so that all your weight is borne by your affected foot.
- Raise the heel of your affected foot as high as possible, before lowering it.
- Repeat 10 times.



7. Leg Extensions



- Sit up straight on a chair or bench.
- Tighten your thigh muscles and slowly straighten and raise your affected leg as high as possible.
- Squeeze your thigh muscles and hold this position for 5 seconds. Relax and bring your foot to the floor. Repeat.

8. Straight Leg Raises



- Lie on the floor, with your elbows under your shoulders to support your upper body.
- Keep your affected leg straight and bend your other leg so that your foot is flat on the floor.
- Tighten the thigh muscle of your affected leg, and slowly raise it about 10 inches above the floor.
- Hold this position for 5 seconds and then relax and bring.

9. Straight Leg Raise (Prone)



- Lie on the floor on your stomach with your legs straight. Rest your head on your arms.
- Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can.
- Hold this position for 5 seconds.
- Lower your leg and rest it for 2 seconds. Repeat.

10. Hip Abduction (For outer thigh and buttock)



- Lie on your side with your injured leg on top and the bottom leg bent to support.
- Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked.
- Hold this position for 5 seconds.
- Gradually lower your leg and relax it for 2 seconds. Repeat.



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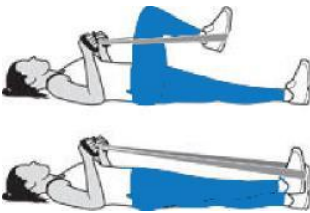
Email ID: drnaveenreddyortho@gmail.com

11. Hip Adduction (For inner thigh)



- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg about 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.

12. Leg Presses



- Place the center of the elastic band, at the arch of your foot, and hold the ends in each hand. Lie on the floor, with your elbows bent.
- Tighten the thigh muscle of your affected leg. Then bring your knee toward your chest.
- Flex your foot. Then slowly straighten your leg directly in front of you, pushing against the elastic band.
- Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat.