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Knee Rehab

PATELLOFEMORAL PROTOCOL STRENGTHENING EXERCISES



Quad Set
Tighten the front thigh muscles (quadriceps) keeping the knee as straight as possible. Concentrate on contracting the inner quad muscle (VMO). Hold as tight as possible for 5 seconds, then completely relax the muscle.

3 Sets of 30, every other day

Straight Leg Raise
Lean back on you elbows with your involved leg straight out and uninvolved bent. Keeping you leg straight, toes pulled towards shin, tighten VMO then lift your heel 12 inches. Hold for 5 seconds, then slowly return to starting position.



3 sets of at least 15 until muscle burn out, every other day



Inside Leg Raise
Lie on your side, with the uninvolved leg on top. Place the top foot just in front of the involved knee. Straighten the involved knee, pull the foot toward shin, tighten the VMO then lift the leg toward the ceiling. Hold for 5 sec, and then slowly return to the resting position.

3 sets of at least 10 until muscle burn out, every other day



Calf Raises
Stand with weight equally distributed on both feet. Push through toes to lift heels off floor. Hold for 5 seconds and then slowly lower to the resting position.

3 sets of at least 10 until muscle burn out, every other day

(Continued)

Squat



Stand with feet hip width apart and feet oriented forward. Begin movement by squatting down with hips going back and chest going forward like your sitting in a chair. Knees in alignment with, but do not go past your second toe. Do not allow knee to collapse inward, excessive arching in low back, and descend until hip height is even with the knees. Return to starting position.

3 sets of 10-20 reps, every other day

Lunge



Stand with feet apart with involved leg forward. Align hip and knee with second toe. Maintaining a straight spine slowly lower the uninvolved knee to the ground pausing just before the floor. Do not allow knee to go beyond the second toe. It is important to keep a good arch in the foot and avoid having the knee collapse inward. Slowly return to the starting position.

3 sets of 10-20 reps, every other day

Clam

Lie on uninvolved side with knees bent and band around knees. Keeping heels together rotate involved knee toward ceiling. Take careful consideration not to roll top hip or trunk. Hold contraction for 5 sec and slowly return to starting position.



3 sets of 15-30 reps, every other day

