

Quad Sets



- elevate calf slightly
- push kneecap straight down by contracting thigh muscle
- hold 5 sec
- ___ REPS
- ___ SETS
- ___ TIMES/DAY

Short Arc Quads



- Place a bolster or other cylindrical object underneath your knee.
- Straighten knee, emphasizing on squeezing your quads.
- Progression: Add weight to ankle.
- _____ REPS _____ SETS _____ TIMES/DAY

Long Arc Quads



- Sit upright in a chair.
- Straighten one knee, as if you are kicking a ball, emphasizing on squeezing your quads.
- Progression: Add weight to ankle.
- _____ REPS _____ SETS _____ TIMES/DAY

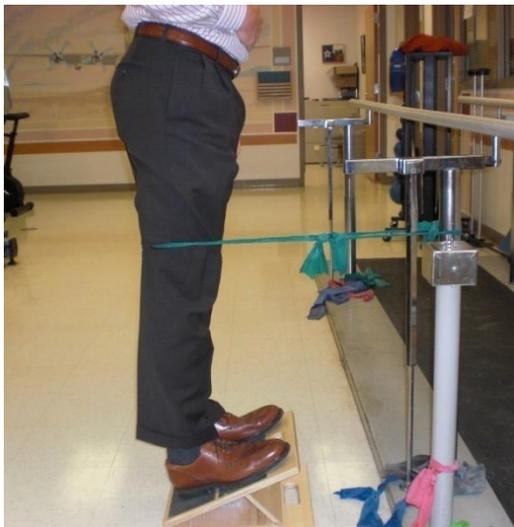
Terminal Knee Extension



Start position (band) End position (band) With ball

- **Band:** Secure band to stable surface and place band behind knee. Begin with knee slightly bent and step away from surface to make band taut. Straighten knee, focusing on squeezing the quads.
- **Ball:** Place soft ball behind knee against the wall. Push the back of the knee into the ball, focusing on squeezing the quads. Hold ___ seconds.
- REPS SETS TIMES/DAY

TKE on tilt board



- Stand on tilt board set at approximately 30 degrees.
- Wrap theraband just above knee and secure.
- Begin by lifting heel and flexing knee.
- End by pressing heel down and tightening the thigh muscle for _____ seconds.
- _____REPS_____SETS_____TIMES/DAY

Hamstring Curl



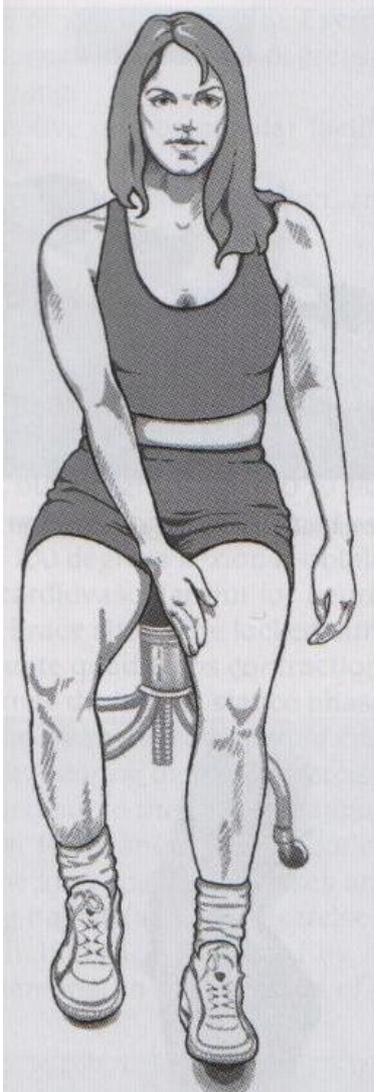
- bend leg at the knee as tolerated
- hold 3 sec, slowly release

___ REPS

___ SETS

___ TIMES/DAY

Stool Scoot



- Extend leg straight out with toes pulled to your nose
- Pull yourself forward by pulling from your heel
- Try to bend your knee as far as you can backwards
- Roll for ___ min
- ___ SETS
- ___ TIMES/DAY

Doorknob Squat



- Stand upright with hands placed on both sides of the doorknob.
- Lower yourself into a squat, keeping your back straight and the weight on your heels (not your toes).
- REPS SETS TIMES/DAY

Wall Squat



Band on outside of Legs



Painful side
is ½ foot
length
forward

Ball between legs

- Prop yourself against the wall so that your lower back and hips are in contact with the wall and the shoulders are not in contact with the wall.
- Start standing straight up and lower yourself **NO LOWER THAN 90 DEGREES** (hips should not drop lower than level of knees).
- Variation: You can place your painful side ½ foot length forward in order to take weight off painful side.
- Progression:
 - Band on outside of knees to engage gluts (keep band taut throughout exercise)
 - Ball between knees to engage inner thighs (squeeze ball throughout exercise)
 - Slow the count of the exercise (example: 8 seconds down, 8 seconds hold, 8 seconds up)
- _____REPS _____SETS _____TIMES/DAY

Wall Squat - Single Leg



-lean against the wall
with feet 12-18" away
from wall

-balance on 1 leg

-slowly squat to 45
degrees on 1 leg

-hold 3 sec, slowly
return

___ REPS

___ SETS

___ TIMES/DAY

Single Leg Minisquat



- Stand upright on one leg and trunk upright.
- SLOWLY bend the supported knee, keeping the knee in line with the second toe. You can use a mirror to ensure you maintain this alignment.
- DO NOT allow the trunk to lean over the supported leg.
- _____ REPS _____ SETS _____ TIMES/DAY

Single Leg Ball Toss



- Stand on one leg, ensuring that you do not lean trunk over the stationary leg.
- Toss ball to partner, against wall or to trampoline, while maintaining balance on a single leg.
- _____ REPS _____ SETS _____ TIMES/DAY

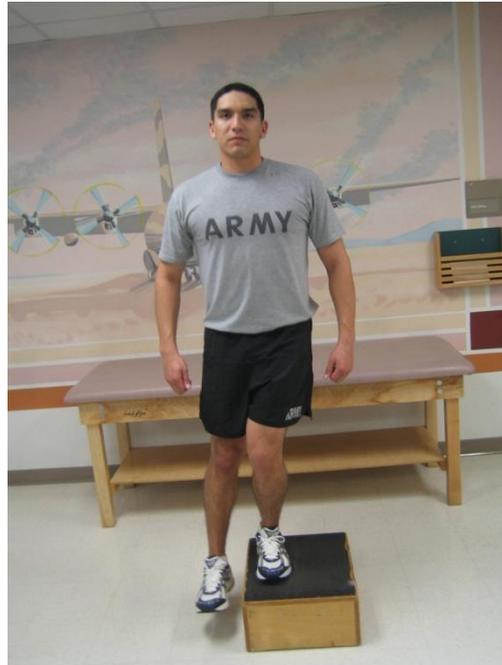
Step-ups



Progression: Add hop after stepping up

- Step up onto a box one leg at a time, alternating which leg leads the motion. Lead the step down with the same side that leads the step up.
- Progression: Add a hop after stepping up onto the box.
- _____ REPS
- _____ SETS
- _____ TIMES/DAY

Lateral Stepdown



- Stand with one foot on the edge of the box and the other leg unsupported.
- SLOWLY lower the unsupported leg, controlling your descent. Focus on keeping the supported knee in line with the second toe.
- _____REPS _____SETS _____TIMES/DAY

Lateral shuffle



- Stand in half-squat position (basketball defensive position), ensuring you keep your back straight.
- Shuffle feet to one direction, starting in a wide stance and ending in a slightly less than shoulder width stance.
- Repeat on both sides.
- _____ FEET _____ SETS _____ TIMES/DAY

Stationary Lunges



- Stand with good posture, keeping the back straight.
- Step left leg forward, keeping your back straight (shoulders in line with hips). Ensure that your knee does not go over your toe.
- Let right knee bend until you are in the ending position. Do not touch the knee to the ground.
- Return to starting position.
- _____ REPS _____ SETS _____ TIMES/DAY

Reverse Lunge with Hip Flexion



- Start standing with one hip flexed to 90 degrees.
- Take a large step backwards with the flexed leg.
- Lower your back knee into a lunge position.
- Return to the starting position without allowing the foot to touch the ground.
- You can use a mirror to ensure proper form and promote good balance.
- REPS SETS TIMES/DAY

Hamstring curl on physioball



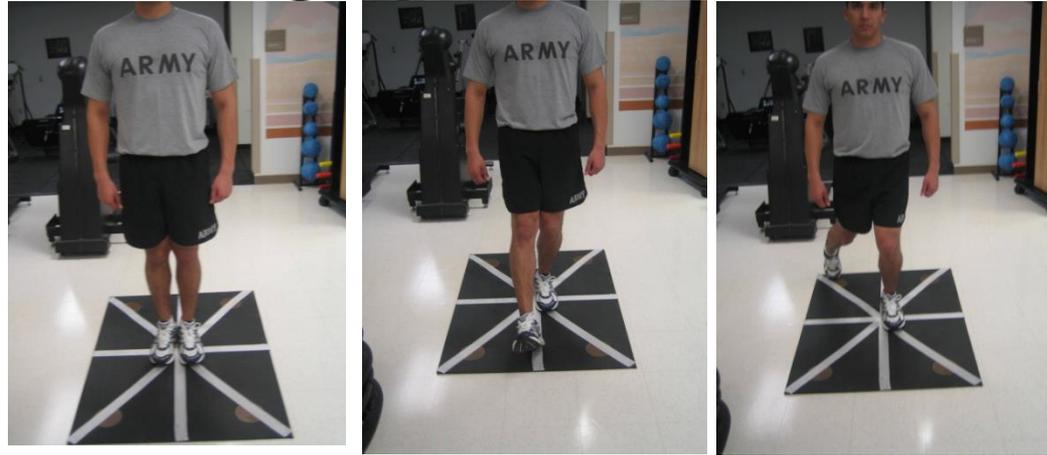
- Lay on back with heels on physioball.
- Tighten abdominals & raise hips off table/floor to form a bridge position.
- Use hamstrings to bend knees and curl physioball towards body.
- REPS _____ SETS _____ TIMES/DAY

Steam Boats

- Place theraband on UNINJURED leg's ankle.
- Move theraband away from your midline, focusing on keeping your body straight (your body will try to cheat by leaning over the supported leg).
- Rotate to other three directions by moving in clockwise direction.
- You should feel this exercise in the gluteus medius (buttocks) muscle in the supported leg.
- _____ REPS _____ SETS

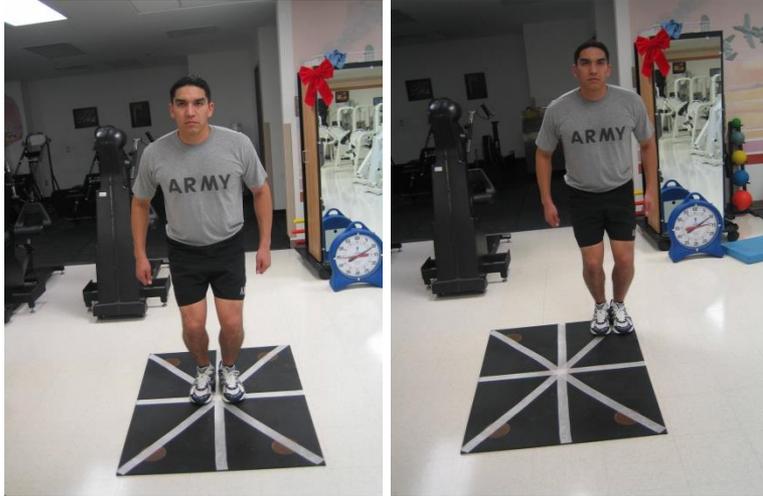


Star Drill

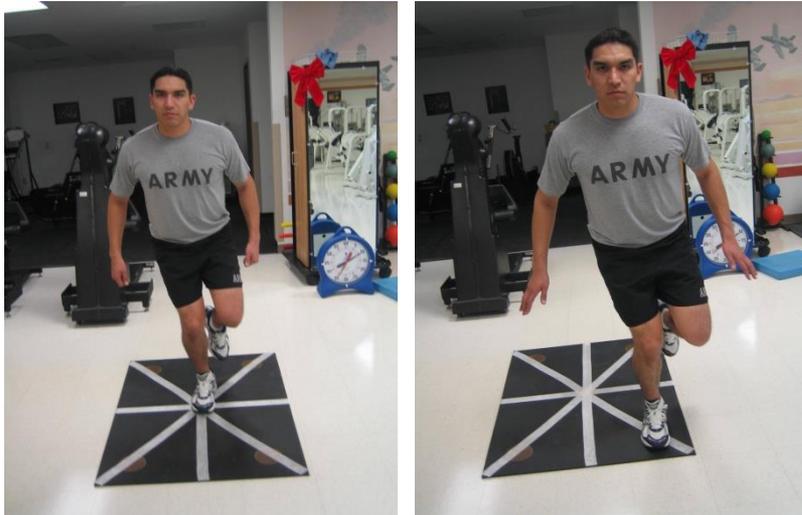


- Using good control, lightly tap the heel of the unplanted leg on the ground in front of you at each portion of the star, starting in front of you.
- When you reach the last portion of the star, reverse direction to end up at the front position.
- Let the planted leg bend when you tap with unplanted leg, ensuring that you keep your balance and your hips, knees, and ankles stay in line
- Don't put too much weight through your heel when you tap or let the trunk lean when tapping the heel on the ground.
 - Imagine that the floor in front of you is in a star shape.
- _____REPS_____SETS_____TIMES/DAY

Dot Drill



Both Legs



Single Leg

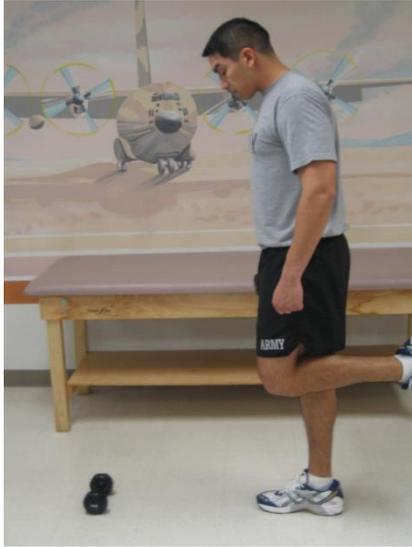
- Place tape on floor in star pattern.
- Start from the center of the star and hop from the center to the end of each arm of the star and then back to center.
- Progress from two legs to hopping on a single leg.
- _____ REPS
- _____ SETS
- _____ TIMES/DAY

Bird Dips



- Stand upright with good posture.
- Slowly bend forward and lightly touch one hand to the ground (keep the stationary knee soft- do NOT lock out the knee), while the opposite leg extends behind you.
- Slowly come back up to the starting position, keeping hips level.
- Perform this exercise slowly, emphasizing on maintaining balance.
- _____REPS _____SETS _____TIMES/DAY

Floor Touch



- Place one dumbbell on the ground approximately 3 feet from you.
- Hold another dumbbell in your hand and **SLOWLY** lower your body to touch the two dumbbells.
- **SLOWLY** return to starting position.
- REPS SETS TIMES/DAY

In Line Lunges

- In Line Lunge
 - Begin without weight, medicine ball, or soft surface
 - Progression
 - Med Ball
 - Soft surface
 - UE Chops and Rotations



Sets_____

Reps_____

Perform _____ per day

Speed Skater



Sets _____

Reps _____

Perform _____ per day

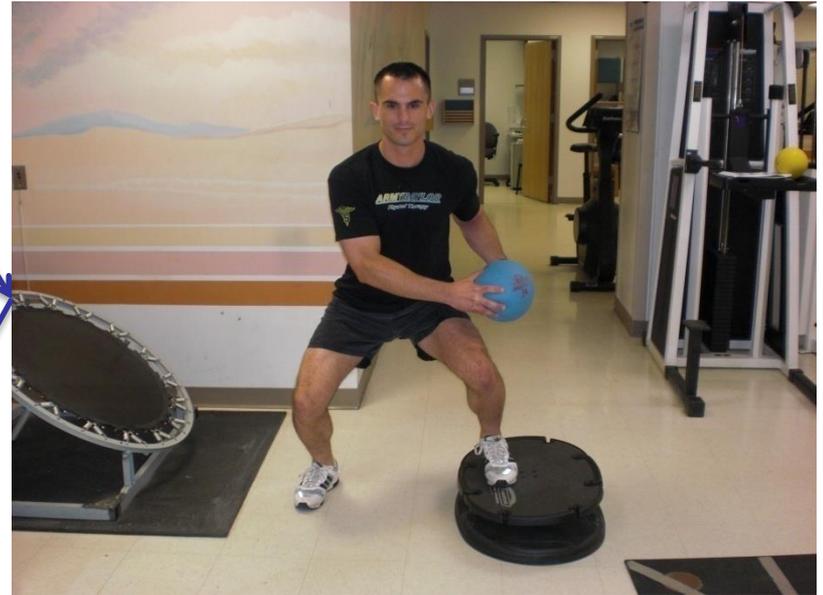
Lunge-Squat-Lunge



Sets _____

Reps _____

Perform _____ per day



Begin without Core Board or medicine ball
Progress by incorporating:

Core Board

Med Ball

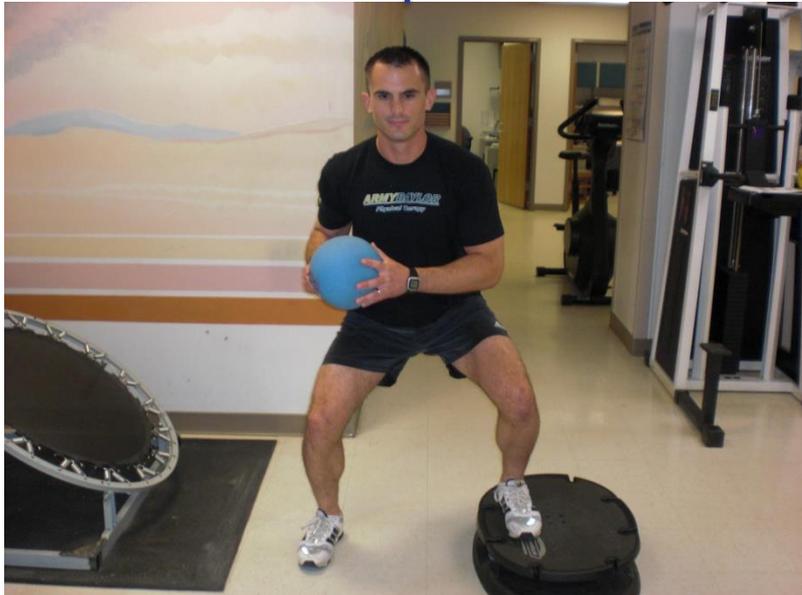
UE twists

Squat-180° Hops

Sets _____

Reps _____

Perform _____ per day



Eccentric/Nordic Hamstring



- Hold patient's feet
- Patient to slowly lower with assistance from theraband/cord
- Progression:
 - Use lighter resistance cord
 - D/C Cord
- Sets _____
- Reps _____
- Perform _____ per day

Single Leg Stance with Perturbations



- Patient on BOSU
- Provider to give perturbations to cane in all directions