



Notes :

1 Hamstring stretch



Reps: 3 Hold: 30

Lie on your back, grab the back of your leg and pull your knee toward your chest. Gently straighten your leg while keeping your thigh straight until you feel a comfortable stretch behind the leg. Maintain the position and relax. Hold for the recommended time.

2 Hamstrings stretch



Reps: 3 Hold: 30

Sit on a firm surface with one leg bent in front. Arch your lower back and slowly straighten your leg until you feel a stretch behind your leg. You can lean forward without bending at the back (no round back) to increase the stretch. Maintain the position and relax.

3 Stretching quadriceps



Reps: 3 Hold: 30

Lie on your side with your injured leg up and your bottom knee bent in front of you to protect your back.

Reach back and grasp your ankle of your injured leg and gently pull towards your buttocks. Move your knee back without arching your back until you feel a stretch in the front of your thigh.

Keep your knee as low to the floor as possible and maintain the position.

You can use a towel or belt around your ankle to pull it towards your buttocks.

4 Knee overpressure stretch



Reps: 3 Hold: 30

Lie on your stomach, relax the affected leg over the edge of the bed and allow gravity to straighten it with your kneecap unsupported.

Place the other foot on the ankle of the affected leg and push gently to create more stretch. Maintain the stretch without lifting your hips off the bed and relax.

5 Prone hamstring strengthening with band



Sets: 2 Reps: 10 Hold: 10

Attach an elastic to a secure object and to your ankle of the involved leg.

Lie on your stomach with your knee straight.

Bend your knee through the available range without lifting your hips.

Return to the starting position and repeat.



6 Iso. hamstring contract.



Sets: 2 Reps: 10 Hold: 10

Sit with your leg slightly bent.
Without moving your leg, push your heel down, tightening the hamstring muscles on the back of your thigh.
Relax and repeat at different angles of knee flexion.

7 Assisted knee flexion



Reps: 3 Hold: 30

Lie on your back, place a towel around your ankle and hold it firmly with your hands.
Bend your knee as far as you can and then pull on the towel with your hands to increase the flexion.
Maintain the position and relax.

8 Assisted knee flexion



Reps: 3 Hold: 30

Lie on your stomach and bend your knee as far as you can.
Cross your other leg over your bent leg and push on it to increase the flexion.
Maintain the position and relax.
Do not raise your pelvis up off the bed when you push your knee bent. Keep it in contact with the bed at all time.

9 Isometric wall sit 90° (roller squeeze)



Sets: 2 Reps: 10 Hold: 10

Lean against a wall with your feet in front.
Place a small ball or a foam roller between the thighs and squeeze as you go down to a 90 degree angle at the knees.
In the bottom position, your knees should be aligned with the center of your foot (second toe) and over the feet.
Hold for the prescribed time.

10 Hip ext. rot., ball on wall



Sets: 2 Reps: 10

Place a ball on the floor against the wall in front of you. Put your hands on your hips and have the knee of your injured leg against the ball. Your knee of the uninjured leg is bent in front and not touching the ball.
Keeping the knee of your uninjured leg bent and the knee of your injured leg and upper body stable, rotate around your hips towards the bent knee and slowly return to the initial position.



11 Wall squat to 90° against ball



Sets: 2 Reps: 10 Hold: 10

Place a ball between your back and the wall with your feet apart the width of your hips and facing forward.

Slowly bend your knees to 90 degrees, keeping the knee caps in line with 2nd toe.

Slowly return to the standing position and repeat.

Don't let your knees go further than your ankles.

12 4 points hops



Reps: 10

Place 4 markers on the floor so they create a zigzag.

Hop to the first one and land on one foot. Absorb the forces by bending the knee and keeping it stable.

Then hop to the next to land on the other leg and continue this way for all 4 points and turn around.

13 4 points hops



Reps: 10

Place 4 markers on the floor so they create a zigzag.

Hop to the first one by crossing your legs and landing on the opposite foot. Absorb the forces by bending the knee and keeping it stable.

Then hop to the next by crossing again to land on the other leg and continue this way for all 4 points and turn around.

14 Fast feet (front)



Sets: 2 Reps: 25

Stand in front of a step. Start with one foot on the step and the other on the floor.

Alternate both feet as quickly as possible in a safe and controlled manner and keep a good alignment of your knee cap with the second toe.

15 Fast feet (side to side)



Sets: 2 Reps: 25

Stand on the side of a step with one foot on the step and the other on the floor.

Switch feet by bringing your foot from the floor to the step while the other comes down on the opposite side.

Repeat quickly in a safe and controlled manner with proper alignment of your knee cap with your second toe.



16 Crossover step up



Sets: 2 Reps: 2

Stand next to a step.
Have the outside leg come across the body onto the step.
Lift yourself up on the step, keeping good knee control and knee cap aligned with second toe the whole way through and step to the other side of the step.
Hips stay leveled and facing straight throughout the whole movement.

17 Stabilization step up



Sets: 2 Reps: 25

Stand up straight with a stool in front of you.
Place one foot on the stool facing straight forward.
Align your knee cap with your second toe and rise up slowly onto the stool while maintaining this alignment.
Return to your starting position by lowering your other foot slowly back down to the ground and repeat.
Prevent your knee from turning inward.

18 Stabilization step down



Sets: 2 Reps: 25

Stand up straight on the top of a stool with your supporting foot facing directly forward.
Lower the other foot in front of you and align the knee cap of the supporting leg with the second toe of that foot.
Step down while maintaining that alignment.
Return to your starting position by raising your foot back up onto the stool and repeat.
Control your supporting knee from going inward by squeezing your buttocks together.

19 Step down stabilization



Sets: 2 Reps: 25

Stand up straight on top of a stool with your supporting foot facing directly forward.
Put your hands on your hips and lower your body by bending at the affected hip and knee, keeping your back straight (slightly arched) and your knee cap aligned with the second toe.
Just before your foot touches the ground, raise yourself back to the standing position and repeat.

20 Active tibial rotation



Sets: 2 Reps: 10 Hold: 10

Sit down with your working leg off the floor.
Rotate your tibia outward by turning your foot towards the outside as far as you can without moving your knee.
Return your foot to the middle and internally rotate your tibia.



21 Tibio-femoral traction



Reps: 5 Hold: 60

Sit at the edge of a bed and tie an elastic to your ankle, pulling the leg down towards the floor. Gently move your foot in a circular motion. Alternatively, you can wear a heavy ski boot or a weight attached to your ankle to create the traction.