

Exercise plan:

Knee Stretches

Patient:

Living Centre Clinic Patient

Practitioner:

Vispi Jamooji

These exercises are for guidance only. They are only part of a programme of knee pain care. Each knee pain is different, so please consult us, free of charge, for more information if in doubt, if symptoms persist or if the condition gets worse. Ask at <https://www.livingcentreclinic.com/free-advice/> or to make an appointment call 020 8946 2331.

Knee Flexion Supine Overpressure



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Bend your sore knee towards your chest, and pull the heel towards your bottom. Pull only as far as is comfortable. You should feel a stretch to the thigh muscle on the front of your thigh.

IF DOING THIS STRETCH HURTS STOP. IT MAY MEAN THERE IS ALSO DAMAGE INSIDE THE KNEE AND NOT A KNEE CAP PROBLEM ALONE. Consult your osteopath or specialist for help.

This stretch should help free the knee cap as well as release pressure on the buttock muscle.

Sets: 1 | Repetitions: 3-6 | Time: hold for 3 to 6 secs

Video: <http://youtu.be/wQv4vGVwnUw>

Quadriceps Stretch 2



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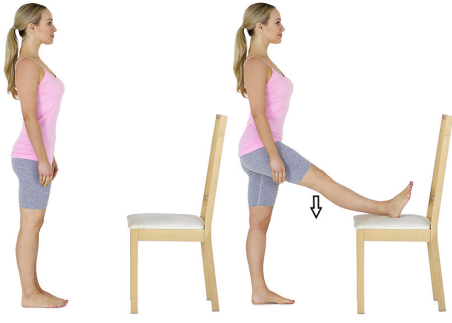
Stand on your good leg. Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You should feel a stretch to the front of the thigh muscle. You may also feel a mild stretch in the knee cap, but it should not be unduly painful. This will help free the knee cap and the front of hip muscle, the hip flexor.

IF DOING THIS STRETCH HURTS STOP. IT MAY MEAN THERE IS ALSO DAMAGE INSIDE THE KNEE AND NOT A KNEE CAP PROBLEM ALONE. Consult your osteopath or specialist for help.

Sets: 1 | Repetitions: 1 | Time: hold for 3 - 6 secs

Video: <http://youtu.be/BZwmTXwu2fk>

Hamstring Stretch 12



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Standing up, place your sore leg on a chair. Keep the leg straight. You should feel a stretch behind your knee and into the back of your thigh. To make the stretch stronger, push your leg downwards into the chair, or rest your foot on something higher. This exercise will help give more space to the knee cap.

Sets: 1 | Repetitions: 2-3 | Time: hold for 3 - 6 secs

Video: <https://youtu.be/ZHxLNi4yqvc>

Exercise Diary:



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Knee Flexion Supine Overpressure

12. Aug (Week 1)							19. Aug (Week 2)							26. Aug (Week 3)							02. Sep (Week 4)						
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W
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09. Sep (Week 5)							16. Sep (Week 6)							23. Sep (Week 7)							30. Sep (Week 8)						
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Quadriceps Stretch 2

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Hamstring Stretch 12

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