

Exercise plan:
Knee Pain Advanced

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.



Single Leg Inner Range Quadriceps with Band

Stand up, and tie an exercise band around a table leg and the other end around the back of your knee. Your feet should be facing forwards, knee slightly bent, and make sure the band is taut. Keeping your hips, knees and feet in line, straighten your leg against the resistance of the band, and slowly return to the starting position.

Sets: 2 - 6 | Repetitions: 3 - 6

Video: <http://youtu.be/cxN01SEa8aM>



Inner Range VMO Sitting Resisted

Sit on a chair slightly towards the edge. Place a towel between your thighs. Cross your legs. Squeeze the towel with your thighs as you attempt to lift the bottom leg. The top leg will provide resistance. This is a strengthening exercise for the quadriceps (thigh) muscle.

Sets: 2 - 6 | Repetitions: 3 - 6

Video: <https://youtu.be/kuu4wK5d1l8>



1/2 Wall Squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/2 squat position. You can either go up or down, or hold the down position. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

Time: up to 30 secs

Video: <http://youtu.be/vSrxia0hZiY>



Lunge

Take a step forwards with the good leg, and bend the the knee past the vertical (see black line on picture). The back knee (the sore one) drops towards the floor. Always keep good alignment: your knee should stay over the 2nd toe, and never let your knee drop inwards. Only go as far as feels comfortable. This will help release the knee and the hip joint.

Sets: 2 - 6 | Repetitions: 3 - 6

Video: <http://youtu.be/xASFze7P-Fs>

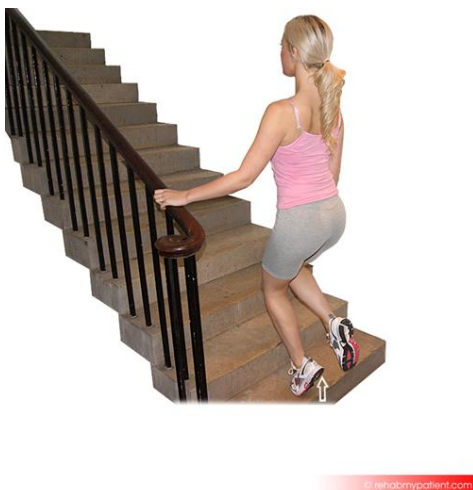


Clam Advanced with Band

Specially for the hip: Lie on your side, with both knees bent, and place an exercise band around your thighs just above your knees. Keeping your feet together, squeeze your deep abdominal muscles by drawing the belly button inwards. Lift your feet from the floor a few inches. Open your knees, like a clam, hold, and return to the start position. If you find the exercise too tough, go back to the clam without resistance, or lengthen the exercise band. This is a good strengthening exercise for your gluteal (buttock) and outer thigh and hip muscles.

Sets: 2 - 6 | Repetitions: 3 - 6

Video: <https://youtu.be/nku9IDup5hs>



Calf Raise with Knee Bent Step One Leg

Specially for the calf: Stand with your toes on the edge of a step with your knee bent. Rise up onto your toes and hold. Slowly control the movement back down. This is a strengthening and stretching exercise for the soleus (lower calf) muscle.

Repetitions: 12-14

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

Exercise Diary:



Single Leg Inner Range Quadriceps with Band

12. Aug (Week 1)							19. Aug (Week 2)							26. Aug (Week 3)							02. Sep (Week 4)						
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09. Sep (Week 5)							16. Sep (Week 6)							23. Sep (Week 7)							30. Sep (Week 8)						
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Inner Range VMO Sitting Resisted

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1/2 Wall Squat

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Lunge

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Clam Advanced with Band



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Calf Raise with Knee Bent Step One Leg

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