

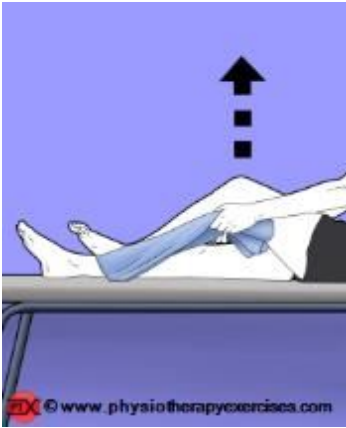
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# Exercise Booklet

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## Active assisted knee flexion

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### **Therapist`s aim**

To increase or maintain knee flexion range of motion and strengthen the knee flexors.

### **Client`s aim**

To increase or maintain the range in your knee and strengthen the muscles that bend your knee.

### **Therapist`s instructions**

Position the patient in semi-reclined position with a towel around their heel. Instruct the patient to pull the towel to flex the knee.

### **Client`s instructions**

Position yourself semi-reclined. Place a towel around your heel and pull the towel to bend your knee.

### **Progressions and variations**

Less advanced: 1. Increase assistance provided by towel. 2. Reduce the amount of bending. More advanced: 1. Decrease assistance provided by towel. 2. Progress using principles of strength training. 3. Increase the amount of bending.

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## Hamstring stretch in supine using band

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### **Therapist`s aim**

To stretch or maintain length of the hamstrings.

### **Client`s aim**

To stretch or maintain length of the muscles at the back of your leg.

### **Therapist`s instructions**

Position the patient supine with a strap behind the sole of their foot. Instruct the patient to lift their leg straight up with the assistance of the strap. Ensure to keep the knee straight.

### **Client`s instructions**

Position yourself lying on your back with a strap behind the sole of your foot. Lift your leg straight up and pull your ankle upwards towards you with the assistance of the strap. Ensure to keep your knee as straight as is comfortable.

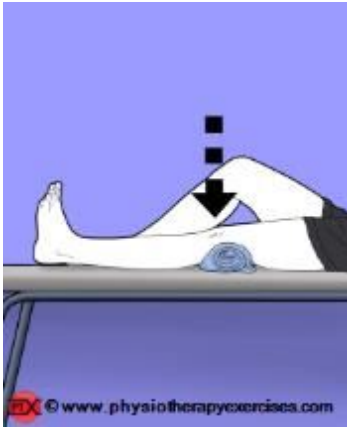
### **Progressions and variations**

More advanced: 1. Pull your toes back towards you.

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## Inner range quads over a roll

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### **Therapist`s aim**

To strengthen the knee extensors.

### **Client`s aim**

To strengthen the thigh muscles.

### **Therapist`s instructions**

Position the patient in supine. Place a rolled up towel under their knee. Instruct the patient to dorsiflex the ankle and contract the quadriceps. Ensure the heel does not lift up from the bed.

### **Client`s instructions**

Position yourself lying on your back. Place a rolled up towel under your knee. Pull your toes up towards you and tighten your thigh muscles by pushing your knee down into the towel. Your heel should lift slightly so the knee is straight.

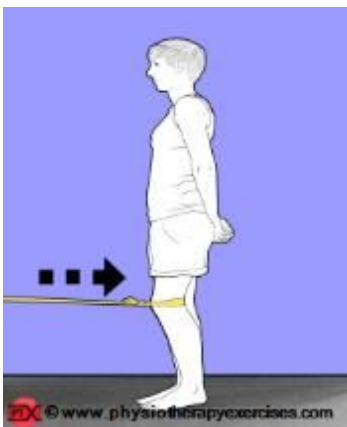
### **Progressions and variations**

Less advanced: 1. Use a larger roll. More advanced: 1. Use a smaller roll.

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## Knee extension with theraband

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### **Therapist`s aim**

To strengthen the knee extensors and improve knee control.

### **Client`s aim**

To strengthen the muscles that straighten your leg.

### **Therapist`s instructions**

Position the patient standing with knee flexed approximately 30 degrees. Adjust the theraband around the knee so that the pull of the theraband provides resistance to knee extension. Instruct the patient to extend their knee.

### **Client`s instructions**

Position yourself standing with some theraband around your knee. Start with your knee slightly bent. Slowly straighten your knee against the theraband.

### **Progressions and variations**

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband. 2. Position yourself in walk stance.

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## Knee flexion in sitting using slidesheet

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### **Therapist`s aim**

To increase range of motion at the knee.

### **Client`s aim**

To increase the range of motion in your knee.

### **Therapist`s instructions**

Position the patient in sitting. Instruct the patient to flex and extend their knee while keeping their foot on the floor.

### **Client`s instructions**

Position yourself sitting with your feet on the floor. Start with your foot in front of your knee. Finish with your foot behind your knee. Ensure that you keep your foot on the floor.

### **Progressions and variations**

Less advanced: 1. Place a towel or slidesheet under the foot.

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## Single leg balance on foam

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### **Therapist`s aim**

To improve the ability to balance.

### **Client`s aim**

To improve your ability to balance.

### **Therapist`s instructions**

Position the patient standing on a foam surface and arms out to the side. Instruct the patient to raise one foot slowly and practice standing on one leg.

### **Client`s instructions**

Position yourself standing on a foam surface with your arms out to the side. Practice standing on one leg.

### **Progressions and variations**

Less advanced: 1. Stand on the floor. 2. Increase firmness of foam.  
More advanced: 1. Bring your arms in closer to you. 2. Practice the activity with eyes closed.

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## Sit to stand from chair with arms crossed

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### **Therapist`s aim**

To strengthen the leg extensors.

### **Client`s aim**

To strengthen the muscles that straighten your legs.

### **Therapist`s instructions**

Position the patient sitting on a chair with their arms crossed and feet shoulder width apart. Instruct the patient to stand up and sit down slowly on the chair. Ensure the shoulders move forward while moving between sitting and standing and that weight is borne equally through both legs.

### **Client`s instructions**

Position yourself sitting on a chair with your arms crossed and feet shoulder width apart. Bring your shoulders forwards and stand up. Stick your bottom back and return to sitting.

### **Progressions and variations**

Less advanced: 1. Increase the height of the chair. More advanced: 1. Lower the height of the chair. 2. Perform slowly.

### **Precautions**

Place the chair against a wall.

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## Sit to stand with theraband around knees

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### **Therapist`s aim**

To strengthen the leg extensors.

### **Client`s aim**

To strengthen the muscles that straighten your leg.

### **Therapist`s instructions**

Position your patient standing with arms crossed and a theraband around the knees. Instruct the patient to slowly squat down to lightly touch the seat of a chair and to stand up again. Ensure that their back remains straight and heels stay on the floor.

### **Client`s instructions**

Position yourself standing with your arms crossed and a theraband around your knees. Slowly crouch until your buttocks lightly touch the seat of a chair and stand up again. Ensure to keep your back straight and your heels on the floor.

### **Progressions and variations**

Less advanced: 1. Increase the seat height. More advanced: 1. Decrease the seat height.

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## Squatting

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### Therapist's aim

To strengthen your leg extensors.

### Client's aim

To strengthen the muscles that straighten your leg.

### Therapist's instructions

Position your patient standing with hands supported on the back of a chair or table. Instruct the patient flex their knees. Ensure the back remains straight and heels stay on the floor and weight is equally borne through both legs.

### Client's instructions

Position yourself standing holding onto the back of a chair or table. Start with your knees straight. Bend your knees and move your bottom back. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs.

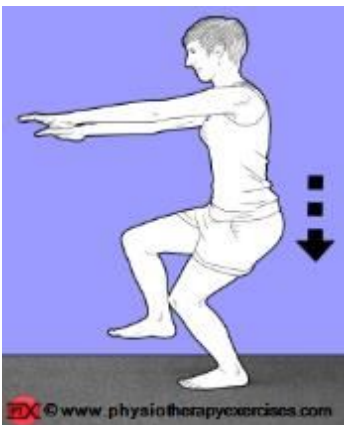
### Progressions and variations

Less advanced: 1. Decrease the amount of knee bend. More advanced: 1. Increase the amount of knee bend. 2. Progress using strength training principles.

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## Squatting on one leg

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### Therapist's aim

To strengthen the knee extensors.

### Client's aim

To strengthen the muscles that straighten your leg.

### Therapist's instructions

Position your patient standing on one leg with arms out in front. Instruct the patient to flex the knee. Ensure that their back remains straight and the heel stays on the floor. Ensure the foot is straight and the knee flexes in line with the centre of the foot.

### Client's instructions

Position yourself standing on one leg with your arms stretched out in front. Slowly bend your knee. Ensure to keep your back straight and your heels on the floor. Ensure your foot is straight and your knee bends in line with the centre of your foot.

### Progressions and variations

Less advanced: 1. Decrease the amount of knee bend. 2. Hold on with hands for balance. More advanced: 1. Increase the amount of knee bend. 2. Progress using strength training principles.

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## Squatting with theraband around knees

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### Therapist`s aim

To strengthen the leg extensors.

### Client`s aim

To strengthen the muscles that straighten your leg.

### Therapist`s instructions

Position your patient standing with arms crossed and theraband around their knees. Instruct the patient to flex their knees. Ensure the back remains straight and heels stay on the floor and weight is equally borne through both legs. Ensure the feet are straight and knees flex in line with the feet.

### Client`s instructions

Position yourself standing with your arms crossed and a theraband around your knees. Start with your knees straight. Bend your knees and stick your bottom back. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs. Ensure your feet are straight and your knees bend in line with your feet.

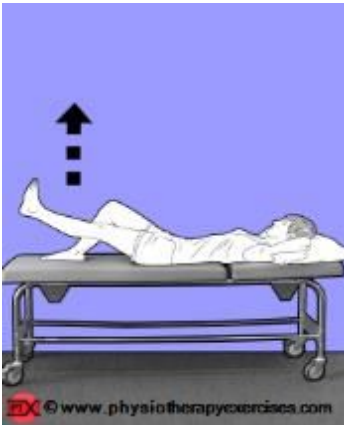
### Progressions and variations

Less advanced: 1. Decrease the amount of knee bend. More advanced: 1. Increase the amount of knee bend. 2. Progress using strength training principles.

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## Straight leg raise

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### Therapist`s aim

To strengthen the quadriceps.

### Client`s aim

To strengthen your thigh muscles.

### Therapist`s instructions

Position the patient on their back with their affected knee straight and their other knee bent. Instruct the patient to tighten the muscles in their thigh and lift their leg off the bed. Ensure that they keep their knee straight.

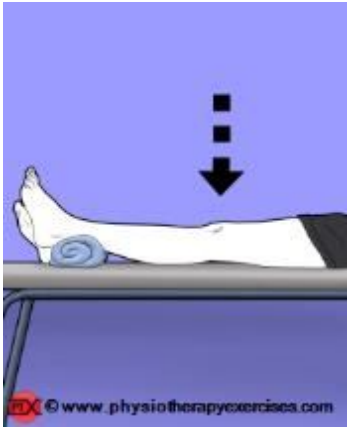
### Client`s instructions

Position yourself on your back with your affected knee straight and their other knee bent. Tighten the muscles in your thigh and lift your leg off the bed. Ensure that you keep your knee straight.

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## Stretch into knee extension with quadriceps activation

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### **Therapist`s aim**

To stretch the knee flexors.

### **Client`s aim**

To stretch the muscles behind your knee.

### **Therapist`s instructions**

Position the patient in long sitting with knees extended. Place a thin towel under their ankle. Instruct the patient to relax and allow gravity to assist in extending the knee. Ensure the toes keep pointing up.

### **Client`s instructions**

Position yourself sitting with your legs straight. Place a rolled up towel under your ankle. Let your leg rest and allow gravity to straighten your knee. Ensure your toes remain pointing up. You will feel a stretch behind our knee.

### **Progressions and variations**

More advanced: 1. Instruct the patient to contract their quadriceps and straighten their knee as much as possible.

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## Wall squats with ball between knees

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### **Therapist`s aim**

To strengthen the quadriceps.

### **Client`s aim**

To strengthen your thigh muscles.

### **Therapist`s instructions**

Position your patient standing against a wall with a ball between their knees. Instruct the patient to flex their knees. Ensure that their back remains straight, heels stay on the floor and weight is equally borne through both legs. Ensure the feet are straight and knees flex in line with feet.

### **Client`s instructions**

Position yourself standing with your back against the wall and a ball between your knees. Start with your knees straight. Finish with your knees bent. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs. Ensure your feet are straight and your knees bend in line with your feet.



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## Wall squats with theraband around knees

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### Therapist`s aim

To strengthen the quadriceps.

### Client`s aim

To strengthen your thigh muscles.

### Therapist`s instructions

Position your patient standing against a wall with theraband around their knees. Instruct the patient to flex their knees. Ensure that their back remains straight and heels stay on the floor and weight is equally borne through both legs. Ensure the feet are straight and knees flex in line with feet.

### Client`s instructions

Position yourself standing against a wall with a theraband around your knees. Start with your knees straight. Finish with your knees bent. Ensure to keep your back straight and your heels on the floor and your weight is equally borne through both legs. Ensure your feet are straight and your knees bend in line with your feet.

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## Wall squatting

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### Therapist`s aim

To strengthen the leg extensors.

### Client`s aim

To strengthen the muscles that straighten your leg.

### Therapist`s instructions

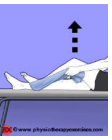

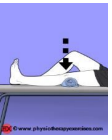







Position the patient with their back leaning against a wall and their feet about 20 cm from the wall. Instruct the patient to slide down the wall and bend their knees. Ensure that their knees are in line with feet and their weight is equally borne through both legs.



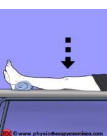



### Client`s instructions

Position yourself leaning with your back against a wall and your feet about 20 cm from the wall. Start with your knees straight. Finish with your knees bent. Ensure that your knees stay in line with your feet and your weight is equally borne through both legs.

### Progressions and variations

Less advanced: 1. Decrease the amount of knee bend. More advanced: 1. Increase the amount of knee bend.

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