

The following are rehabilitation exercises that can help limit the risk for hip and knee injuries. It is not an all-inclusive list, nor does it actually prevent an injury from occurring. Performing these exercises preventatively can also help you recover from injury more quickly.

The following exercises can be used for:

Meniscus Pathologies, Cruciate Ligament Sprains (ACL and PCL), Collateral Ligament Sprains (MCL and LCL), Patella Femoral Pain Syndrome, Chondromalacia, Patella Tendonitis (jumper's knee), Iliotial Band Friction Syndrome, Piriformis Syndrome, Iliopsoas Bursitis, and muscle strains.

Choose 4-5 exercises to complete each week and follow the instructions. The first 3 stretches are in addition to your normal stretching routine.



HIP FLEXOR STRETCH

Repeat 10 Times
Perform 3 Time(s) a Week

Place one platform in front and one in back with a cushion in the middle to pad your knee. Kneel down onto the pad and place one foot in front and rest the other on the back platform.

Lunge forward until you feel a stretch and lean torso back to increase stretch 10 times

While in the stretch lean side to side 10 times

While in the stretch rotate side to side 10 times



ADDUCTOR STRECH

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.



PIRIFORMIS STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



STRAIGHT LEG RAISE (SLR)- FLEXION

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time. Hold at top for 2 seconds and with control, lower leg.

Progression: add ankle weight or theraband.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



SLR- EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Hold at top for 2 seconds and with control, lower leg.

Progression: add ankle weight or theraband.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



SLR- ABDUCTION

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Hold at top for 2 seconds and with control, lower leg.

Progression: add ankle weight or theraband

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

SLR- ADDUCTION

While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Hold at top for 2 seconds and with control, lower leg.

Progression: Add ankle weight or theraband.

SHORT ARC QUAD



Place a rolled up towel or object under your knee and slowly straighten your knee as your raise up your foot. Hold at top for 3 seconds and with control, lower leg.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



Progression: add ankle weight.

MONSTER WALK



With an elastic band around both ankles, walk forward while keeping your feet spread apart. Keep your knees bent the entire time. You should be in a squat-like position.

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



CLAMS

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

Do not let your pelvis roll back during the lifting movement.



Hold at top for 3 seconds and with control, lower leg.

Progression: add theraband around knees.



REVERSE CLAMS

While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week

Do not let your pelvis roll forward during the lifting movement.



Hold at the top for 3 seconds and with control, lower leg back to original position.

Progression: add theraband around ankles.



DOUBLE LEG HIP BRIDGE

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold for 3 seconds and then lower yourself and repeat.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



Progression: place a medicine ball between knees or theraband around knees.

SINGLE LEG HIP BRIDGE

While lying on your back with your knees bent, extend one knee as shown.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 3 Time(s) a Week



Next, raise your buttocks off the floor/bed and hold for 3 seconds then with control, lower to floor.

Try and maintain your pelvis level the entire time.

Progression: add ankle weight or add unstable surface under foot.

STEP DOWN - FORWARD

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down forward off the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Progression: add ankle weight

STEP DOWN - LATERAL

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



Start with both feet on top of a step/box. Next, slowly lower the unaffected leg down off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Progression: add ankle weight



CAPTAIN MORGAN

Weight is directly under your body, no leaning! Side against the wall, hip bent to 90 deg. flexion, knee bent to 90 deg. flexion. Once in position apply pressure by pushing the knee into the wall and hold. Must complete on both sides!

Hold 30 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week



LUNGE FORWARD - BOX

While standing on the ground with a step in front of you, place your foot forward and onto a step as shown.

Allow your front and back knees to bend as you lower your back knee towards the ground into a lunge position. Do not allow your front knee to pass your toes.

Return to the original position and then perform with the other leg.

Progression: replace box with bosu

Repeat 10 Times
Complete 3 Sets
Perform 3 Time(s) a Week



BALL TOSS - INVERTED BOSU

While standing with feet on an inverted Bosu, throw and catch a ball maintaining your balance. You can throw to a partner or against a wall.

Keep your knees slightly bent to approximately 30 degrees while performing this exercise.

Progression:
1. bend your knees more into a squat position
2. increase toss speed/power
3. single leg stance

Duration 45 Seconds
Complete 5 Sets
Perform 3 Time(s) a Week