

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self management of your symptoms does not replace the value of being assessed by a Health Professional.

1 Massage stick: outer thigh



Sit down on a chair. Use the massage stick to roll out tissues of the outside of the thigh, keeping your knee bent. Spend more times on areas that are tender/tight/knotted but avoid modify the pressure on the areas that are tender.

1-2 mins per area, 2-3 days a week or after exercise.

2 Heel slides with towel



If you don't have full movement in your knee. In sitting, place a towel around the heel. Gently pull the towel to flex the knee to a comfortable bend. Use the towel to slide the knee, do not use your muscles. Then gently push your heel into the towel and slowly straighten.

The goal is to work on slowly moving the knee into flexion (bending) and extension (straightening) and gradually progressing the range over the next few weeks. Do it frequently throughout the day to keep it moving and help decrease the swelling.

20-30reps x3 times a day

3 Isometric Quads



Sit with your leg straight. Tighten the quadriceps muscle on the front of the thigh by trying to push the knee downward and lift the heel off the floor.

Do not push into pain. You can put your fingers on the inner quad muscle to help it activate better.

Hold for 5 seconds. Relax. Repeat 10 times, working up to 30 times, x2-3/day

4 Isometric Quad



Sit with your knee supported on a folded towel.

Squeeze your thigh muscle (quadriceps) as you push the back of your knee down on to the towel. Keep the heel in contact with the bed/floor. Do not push into pain.

Hold for 5 seconds. Relax. Repeat 10 times, working up to 30 times, x2-3/day

5 Strengthening Glutes



Lie on your back with your feet hip distance apart, toes facing forward and knees bent.

Take a deep breath in, as you breath out gently engage your core muscles by pulling your belly button in and gently squeeze your buttocks while lifting your buttocks off the ground. Do not lift into your back. Your back should remain straight and not arched. Slowly lower back to the floor and just gently touch down before you lift up again.

If you are having a hard time accessing your glutes, raise your toes and press into your heels.

3x8-10reps, working up to 3x12 reps, 2-3 days a week.