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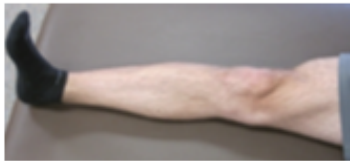
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Patellar Mobilization

In a sitting position, with the thigh muscles completely relaxed, place your thumb and index finger at the top and bottom of the patella/knee cap and gently oscillate up and down. After 10 repetitions of up and down, change your hand placement, with the thumb and index finger on either side of the patella. Oscillate right and left.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Quad Sets

Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. This movement should press the back of your knee downward and the knee cap to move toward your hip slightly. Attempt to slightly lift the heel off the floor at the peak of the contraction.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



HEEL SLIDES - SUPINE

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.

Hold a gentle stretch in this position and then return to original position.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



PRONE KNEE HANGS

While lying down on your stomach, allow your leg to hang off the end of a table/bed. Position yourself so that your knee cap is just over the end of the table/bed.

Just relax your body and allow gravity to stretch your knee into a more straightened position.

Repeat 1 Time
Hold 5 Minutes
Complete 1 Set
Perform 2 Time(s) a Day



KNEE EXTENSION STRETCH - PROPPED

While seated, prop your foot up on another chair and allow gravity to stretch your knee towards a more straightened position. You may place a 5 lb weight over the top of the knee to increase the stretch.

Repeat 1 Time
Hold 5 Minutes
Complete 1 Set
Perform 2 Time(s) a Day



STRAIGHT LEG RAISE - SLR

While lying or sitting, contract your quadricep muscle and then raise your leg up with a straight knee. Keep the opposite knee bent with the foot planted to the ground.

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



SEATED KNEE FLEXION STRETCH SCOOT

While in a seated position, slides your foot back to a bent knee position. Keep your foot planted on the ground and scoot forward until a stretch is felt at the knee.

Repeat 5 Times
Hold 30 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



PRONE KNEE FLEXION STRETCH WITH MULTI-LOOP STRAP

Start by lying on your stomach with a stretching strap linked looped around your affected side foot.



Next, use the belt to pull the knee into a bent position allowing for a stretch as shown.

Repeat 5 Times
Hold 30 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

HIP ABDUCTION - SIDELYING

While lying on your side, contract your quadricep and then slowly raise up your affected leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.



The bottom leg can be bent to stabilize your body.

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

PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise affected leg off the ground.



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

HIP ADDUCTION - SIDELYING

While lying on your side, contract your quadricep muscle and then slowly raise the affected leg towards the ceiling. Keep your knee straight the entire time.



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

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