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# KNEE Exercises

These exercises are designed to stretch and strengthen your knee. Before beginning each exercise, read through all its instructions. While exercising, breathe normally and use smooth movements. If you feel any pain, stop the exercise. If pain persists, call your healthcare provider.

## CALF STRETCH

- 1 Stand with your arms braced against a wall, both feet pointing straight ahead. Place your \_\_\_\_\_ foot several inches behind your other foot.
- 2 Bend your front leg. Keep both heels on the floor and your back leg straight. You should feel a slight pull in your calf. Hold for \_\_\_\_\_ seconds. Bend your back leg and hold for \_\_\_\_\_ seconds.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.

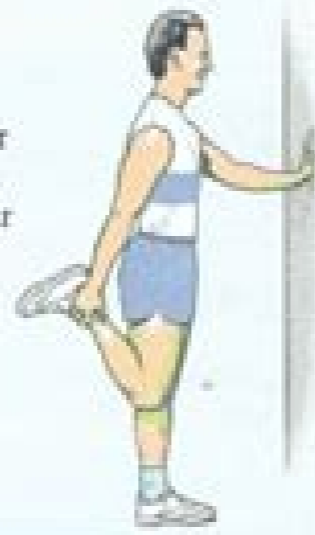


### CAUTION

- Don't lift your back heel.
- Don't arch your back.

## QUADRICEPS STRETCH

- 1 Stand an arm's length from a wall. Look straight ahead.
- 2 Place your \_\_\_\_\_ hand against the wall. With your other hand, grasp the ankle of the foot on the same side. Gently pull your heel to your buttocks.
- 3 When you feel a mild stretch in your thigh, hold for \_\_\_\_\_ seconds.
- 4 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.

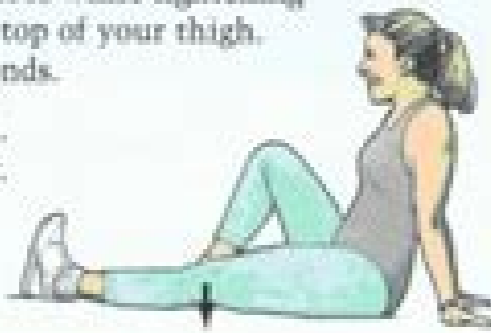


### CAUTION

- Don't arch your back or bend forward.
- Don't twist your back to reach your leg.

## QUAD SET

- 1 Sit on the floor with one leg straight, the other bent.
- 2 Flex the foot of your straight leg by pointing your toes toward you. Press the back of your knee into the floor while tightening the muscles on the top of your thigh. Hold for \_\_\_\_\_ seconds.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



### CAUTION

- Don't arch your back.
- Don't hunch your shoulders.

## LEG RAISE

- 1 Sit on the floor with your \_\_\_\_\_ leg straight, the other bent.
- 2 Tighten the thigh muscles on the top of your straight leg. You should feel the muscles contract. Raise that leg 6 to 8 inches. Then lower it slowly and steadily to the floor. Relax.
- 3 Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sets a day.



### CAUTION

- Don't arch your back.
- Don't hunch your shoulders.

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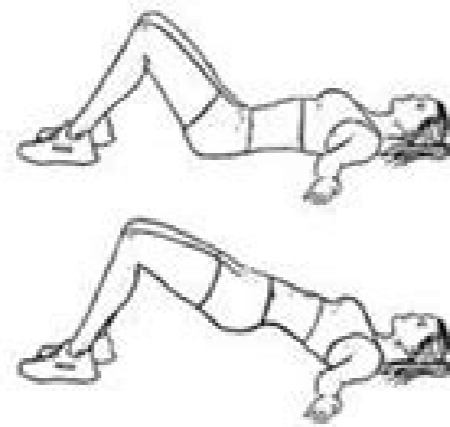
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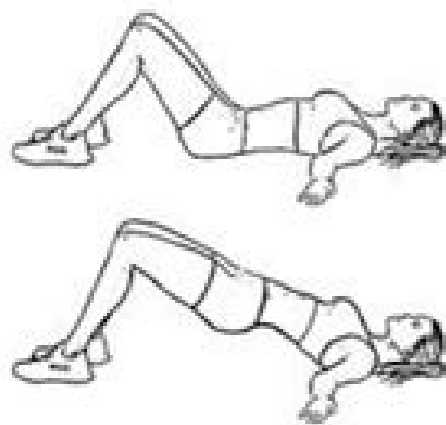
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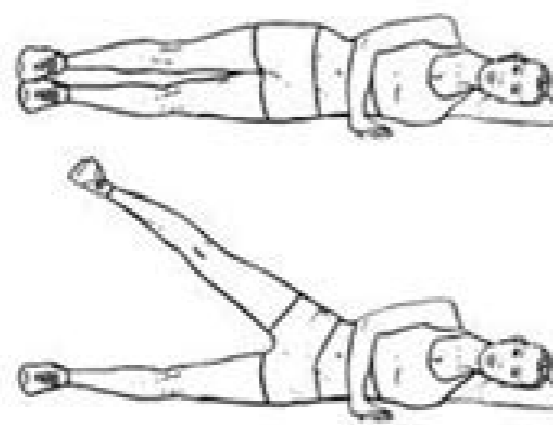
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2 sets / 20 reps



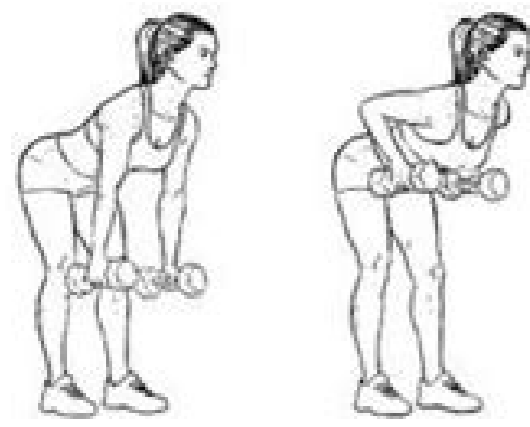
Hip Raises / Butt Lift / Bridges  
2 sets / 30 reps



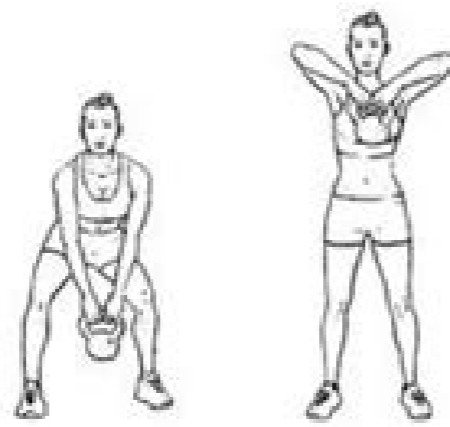
Hip Raises / Butt Lift / Bridges  
1 sets / 30 reps



Lying Side Leg Lifts / Lateral Raises / Hip  
2 sets / 20 reps



Standing Two-Armed Bent Over Dumbbell Rows  
2 sets / 30 reps



Upright Kettlebell Front Rows  
2 sets / 30 reps

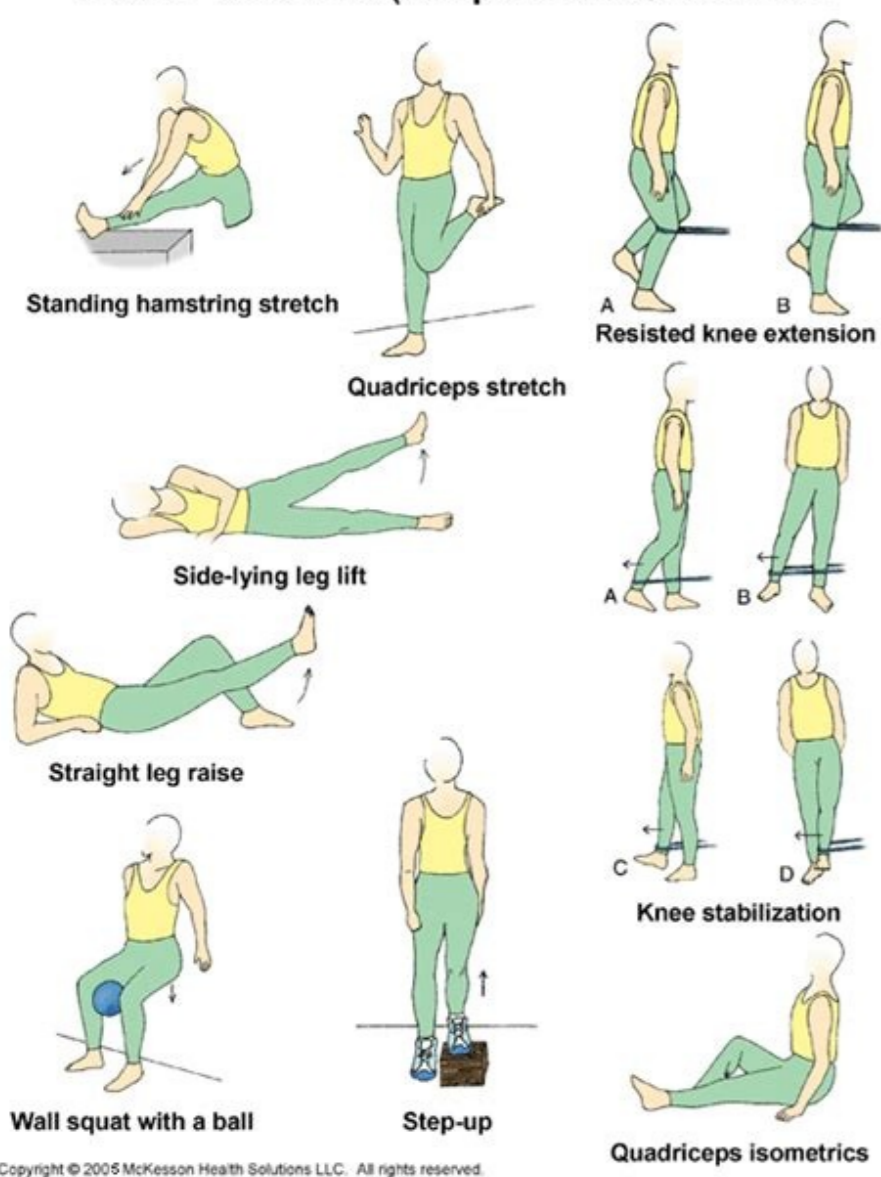
...and 10 more exercises



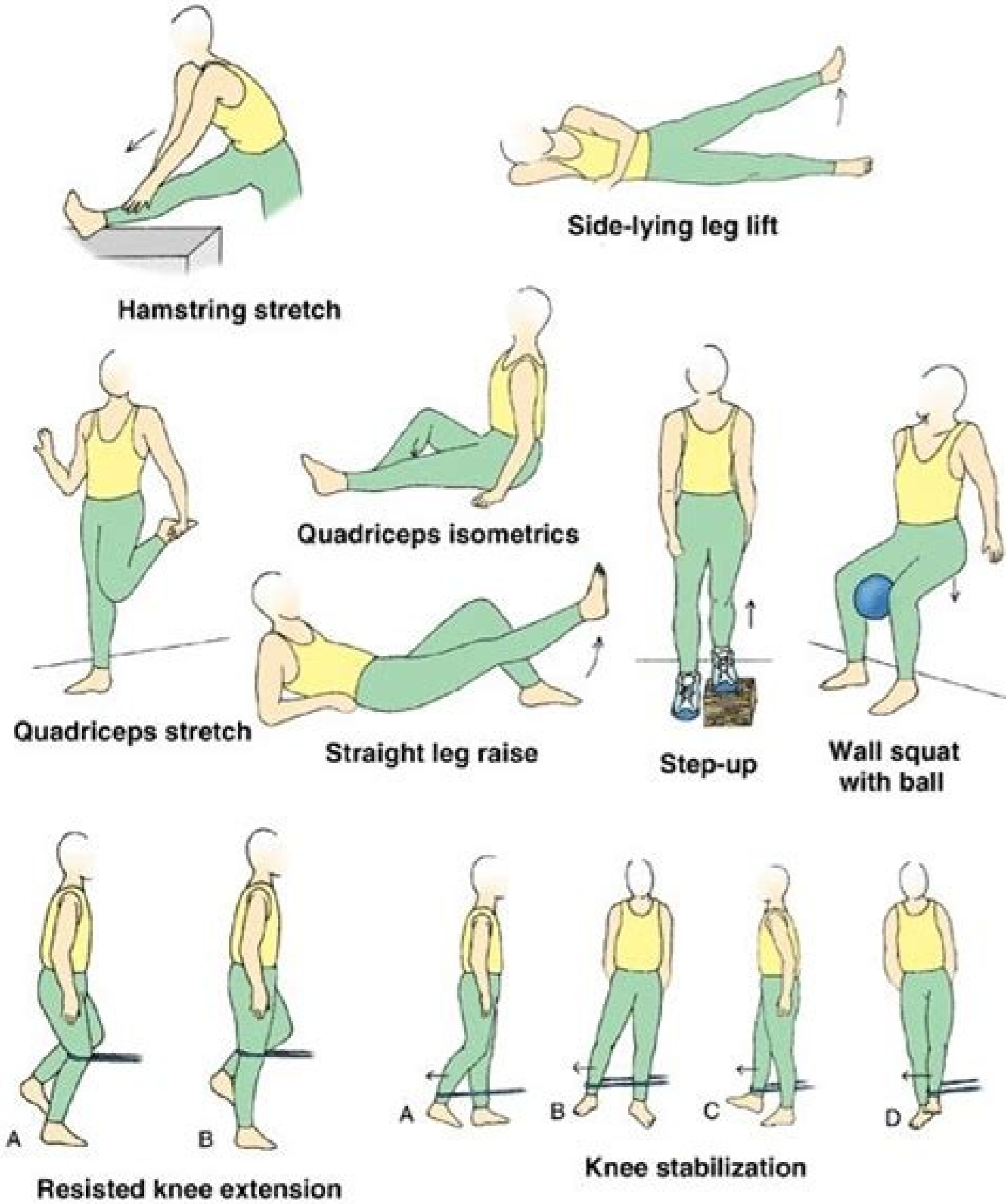
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## Patellar Tendonitis (Jumper's Knee) Exercises






## Patellofemoral Pain Syndrome Exercises



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Developed by Delia Collado

### Exercises for Prepatellar Bursitis

Exercise	Description	Weight/Sets/Repetitions
 Straight Leg Raise	Sit or lie down on the floor with your injured leg extended straight in front of you. Bend your other leg so that your foot is lying flat on the floor. Raise your straight leg until your elevated knee is even with your bent knee. Turn your foot to the outside slightly and assure that your entire leg is straight when doing so.	To start, do not use any weight, and hold the pose for 10-20 seconds. Repeat for 2-3 sets. Alternate between legs.  After the pose becomes easier, increase the time holding the pose by 5-10 seconds.  Your rest will be the time it takes to do the exercise on the other leg.
 Heel Slide	Lie on your back with your injured leg extended straight in front of you. Bend your other leg so that your foot is lying flat on the floor. Bring your foot towards your injured knee by bending your injured knee until you feel a gentle stretch in your knee.	To start, do not use any weight, and hold the pose for 5-10 seconds. Repeat for 2-5 sets. Alternate between legs.  After the pose becomes easier, increase the time holding the pose to 8-15 seconds for 5-8 sets.  Your rest will be the time it takes to do the exercise on the other leg.
 Quad Sets	Sit supported on the floor or on a firm bed with your injured leg extended straight in front of you. Bend your other leg so that your foot is lying flat on the floor. Put a small, rolled up towel or blanket under your injured knee. Tighten your thigh muscles as you press the back of your knee down on the towel or blanket.	Do not use any weight. To start, hold the pose for 8-12 seconds. Repeat for 2-5 sets. Alternate between legs.  After the pose becomes easier, increase the time holding the pose to 12-20 seconds for 5-8 sets.  Your rest will be the time it takes to do the exercise on the other leg.

Have any questions, comments, or concerns? Call me at 770-383-4880 or email me at delia.collado@gmail.com

What kind of exercise can I do to strengthen my knees. What are some exercises to strengthen your knees. Knee strengthening exercises spanish pdf.

For additional payment options call us at (800) 333-3032. Subscribe to receive special offers, exclusive updates, and new product announcements. © 2021 Krames LLC The Spanish squat was designed to treat patella tendinopathy but can be used for all lower extremity rehabilitation. The Spanish squat increases the tension within the lower extremities but does not increase the compressive force in the patella femoral joint. The increase in tension in the patella tendon due to the quadriceps contraction produces an analgesic effect on the tendon. The analgesic effect reduces the inhibition of the muscle that occurs when there is a lot of pain. Seek the advice and treatment of a Physical Therapist if you have anterior knee pain. Healthcare professionals see patients suffering from anterior knee pain on a daily basis. Treating the pain requires strengthening the thigh and leg muscles without irritating and aggravating the injured area. Instead of typical squats and lunges, Physical Therapists introduce Spanish squats as a part of a well-rounded routine that includes strengthening and stretching exercises for the core and lower extremities. This regimen can usually reduce the pain in the anterior aspect of the involved knee. Strength development is dependent upon the "over-load" principle of the involved muscles. A muscle mass will respond to an "over-load" of resistance by getting strong enough to "handle" the increased resistance force. The muscle responds to the higher resistance load by developing bigger muscle cells. The growth of the muscle cell increases its ability to generate force which makes the muscle "stronger". When a patient is diagnosed with anterior knee pain that originates from the tendon tissue that is located in that aspect of the knee joint, the muscles have to be strengthened without irritating the tendon tissue and causing more inflammation and pain. The tendon attaches the muscle to the bone and when the muscle is not strong enough to "handle" the forces that are placed on the joint the tendon absorbs more stress and strain than it can handle. Excess stresses and strains on the tendon tissue can cause damage to it and lead to injury and pain. The healthcare professional needs to incorporate exercises into the rehabilitation process that will strengthen the muscle and not cause more damage to the tendon. Exercises that are commonly used to accomplish this task are squats and lunges. A "routine" squat sometimes puts too much pressure on the front of the knee and causes more pain. A more suitable option is called a Spanish Squat. The Spanish Squat is used to generate strength in the lower extremities without "over loading" the anterior knee structures. The exercise involves placing a non-elastic strap behind the knees of the patient and tying the strap to an immovable object. The patient leans back against the strap and squats down to a knee flexion of 70-90 degrees. Their knees do not translate towards their toes and their shin bone should remain perpendicular to their ankle. The patient should keep their torso upright and not lean forward. The squat should be "held" at a level that is not extremely painful in the front of the knee. The "pain" that the patient experiences should be due to the muscle fatigue in the thighs and buttocks. The eventual goal is to perform 45 second holds 5x several times per day. There should be a reasonable amount of rest between squat/holds and can be as long as 2 minutes. The theory behind this exercise states that the "load" on the tendon can inhibit the pain signal that is sent from the tendon tissue to the brain. When the nerve signal is interrupted the patient does not experience pain when they "load" the tendon with the squat exercise. Eventually the patient should be able to perform a "regular" squat or lunge without experiencing pain in the front of their knee. Physical Therapists utilize the Spanish squat when their patients are unable to perform weight bearing exercises that require the involved knee to bend due to pain in the front of the knee. They will begin the rehabilitation session with this exercise because the studies indicate that there is an analgesic effect on the tendon for nearly 1 hour. The reduction in the amount of pain that the patient perceives while performing the weight bearing exercises after performing the Spanish squat routine enables them to perform other weight bearing exercises that are commonly used to develop lower extremity strength. Anterior knee pain is one of the most common ailments that are treated in out-patient Physical Therapy centers. The use of the Spanish squat has proven to be a reliable exercise that enables the patient to complete other weight bearing exercises due to the analgesic effect on the soft tissues. Utilizing the Spanish squat routine might be a wise choice for all lower extremity patients due to its ability to increase muscle strength and not place excess pressure on the anterior aspect of the knee. Knee Conditioning Program To ensure that this program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals. After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities. Strength: Strengthening the muscles that support your knee will reduce stress on your knee joint. Strong muscles help your knee joint absorb shock. Flexibility: Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury. Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible. Target Muscles: The muscle groups targeted in this conditioning program include: Quadriceps (front of the thigh) Hamstrings (back of the thigh) Adductors (outer thigh) Abductors (inner thigh) Gluteus medius and gluteus maximus (buttocks) Length of program: This should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your knees. Performing the exercises two to three days a week will maintain strength and range of motion in your knees. Related Articles Staying Active As You Age Warmup: Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle. Stretch: After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program. Do not ignore pain. You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising. Ask questions: If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist. Main muscles worked: Gastrocnemius-soleus complex You should feel this stretch in your calf and into your heel Equipment needed: None Repetitions 2 sets of 4Days Per Week 6 to 7 Step-by-step directions Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly. Keep both heels flat on the floor and press your hips forward toward the wall. Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat. Tip Do not arch your back. Main muscles worked: Quadriceps You should feel this stretch in the front of your thigh Equipment needed: None Repetitions 2 to 3Days Per Week 4 to 5 Step-by-step directions Hold on to the back of a chair or a wall for balance. Bend your knee and bring your heel up toward your buttock. Grasp your ankle with your hand and gently pull your heel closer to your body. Hold this position for 30 to 60 seconds. Repeat with the opposite leg. Tip Do not arch or twist your back. Main muscles worked: Hamstrings You should feel this stretch at the back of your thigh and behind your knee Equipment needed: None Repetitions 2 to 3Days Per Week 4 to 5 Step-by-step directions Lie on your floor with both legs bent. Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. Straighten your leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.) Hold this position for 30 to 60 seconds. Repeat with the opposite leg. Tip Do not put your hands at your knee joint and pull. Main muscles worked: Quadriceps, gluteus, hamstrings You should feel this exercise at the front and back of your thighs, and your buttocks Equipment needed: None Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Stand with your weight evenly distributed over both feet. Hold onto the back of a chair or a wall for balance. Lift your unaffected foot off of the floor so that all of your weight is placed on your affected foot. Raise the heel of your affected foot as high as you can, then lower. Repeat 10 times. Tip Keep your weight centered on the ball of your working foot. Main muscles worked: Quadriceps You should feel this exercise at the front of your thigh Equipment needed: Chair for support Repetitions 2 sets of 10Days Per Week 4 to 5 Step-by-step directions Lie on your stomach with your legs straight. Rest your head on your arms. Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can. Hold this position for 5 seconds. Lower your leg and rest it for 2 seconds. Repeat. Tip Keep your pelvic bones on the floor. Main muscles worked: Abductors, gluteus You should feel this exercise at your outer thigh and buttock Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb. weight. Repetitions 3 sets of 20Days Per Week 4 to 5 Step-by-step directions Lie on your side with your injured leg on top and the bottom leg bent to provide support. Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked. Hold this position for 5 seconds. Slowly lower your leg and relax it for 2 seconds. Repeat. Tip Do not rotate your leg in an effort to raise it higher. Main muscles worked: Adductors You should feel this exercise at your inner thigh Equipment needed: As the exercise becomes easier to perform, gradually increase the resistance by adding an ankle weight. Begin with a 5 lb. weight and gradually progress to a greater level of resistance, up to a 10 lb.

weight. Repetitions 3 sets of 20Days Per Week 4 to 5 Step-by-step directions Lie down on the floor on the side of your injured leg with both legs straight. Cross the uninjured leg in front of the injured leg. Raise the injured leg 6 to 8 inches off the floor. Hold this position for 5 seconds. Lower your leg and rest for 2 seconds. Repeat. Tip Place your hand on the floor in front of your stomach for support. Main muscles worked: Quadriceps, hamstringsYou should feel this exercise at the front of your hip, and the front and back of your thigh Equipment needed: This exercise is best performed using an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, gradually increase the level of resistance. Do not use ankle weights with this exercise. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely. Repetitions 3 sets of 10Days Per Week 4 to 5 Step-by-step directions Place the center of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the floor with your elbows bent. Tighten the thigh muscle of your affected leg and bring your knee toward your chest. Flex your foot and slowly straighten your leg directly in front of you, pushing against the elastic band. Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat. Tip Keep your abdominals tight throughout the exercise.

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