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Injury Profile: Knee for Paul Ki
Last Updated: 04 Nov 2021

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Knee Flexion in Sitting (self assisted)



20

Reps

2

Sets

- Sitting in a chair
- Use your good leg to gently pull the foot of the other leg under the chair as far as pain or stiffness allows
- If this action increases pain or swelling please stop and advise us
- **3x per day**

[Watch Video](#)

Inner Range Quadriceps-Leg on Chair



05:00

Hold

- With heel supported on table or chair
- Tense the thigh muscles and try to straighten the knee pushing the back of the knee down
- Hold and then repeat
- Tensing the other leg at the same time and pulling your toes back will help to initiate the muscles better

[Watch Video](#)

Long Calf Stretch



0:30

Hold

5

Sets

- Place the stretching leg behind
- Point foot straight ahead and keep the knee straight
- Lean forward keeping the heel on the ground to feel stretch in the calf

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Wall Squat



10

Reps

3

Sets

- lower back resting on the wall
- Feet shoulder width apart & out from the ball
- Slowly lower body bending knees to a maximum of 90 degrees
- Ensure knee tracks over 2nd toe and back stays straight
- Return to starting position and repeat

Stationary Cycle with KMART bike



15:00

Hold

- Start slowly
- Build up pace and resistance gradually
- Ensure saddle height allows leg to nearly fully straighten on down stroke

AAROM Shoulder External Rotation



20

Reps

- Holding broom handle or pole with elbows bent to 90 degrees
- Use your good arm to turn the arm out to the side as far as pain or stiffness allows
- Ensure your elbow stays in at your side
- Do not rotate the trunk to compensate

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AAROM Shoulder Abduction



20

Reps

- Place hand on end of broom handle or pole
- use your good arm to raise the arm out to the side as far as pain or stiffness allows

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Staggered Bridge



12

Reps

3

Sets

- Lying on your back
- bend on leg closer to your body
- gently rock hips/pelvis backwards, flattening your back in the process
- squeeze your gluteals and slowly lift off the ground

Single Leg Stance



0:10

Hold

10

Sets

- Stand on 1 leg
- Don't allow pelvis to sag down on the non weight bearing leg
- Don't allow knee to twist in or arch of the foot to collapse

[Watch Video](#)

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.