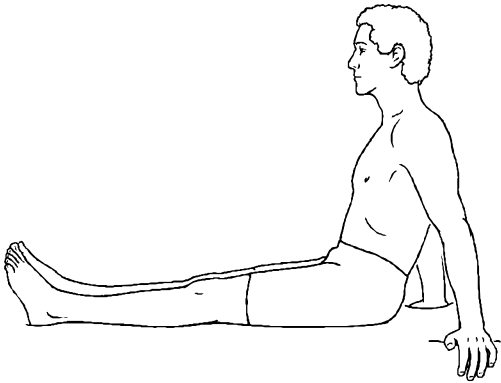
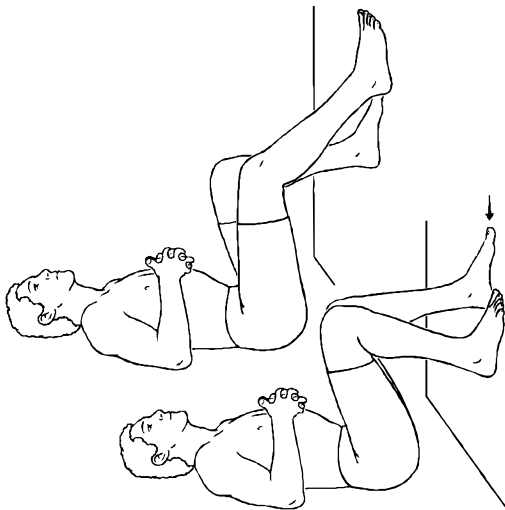
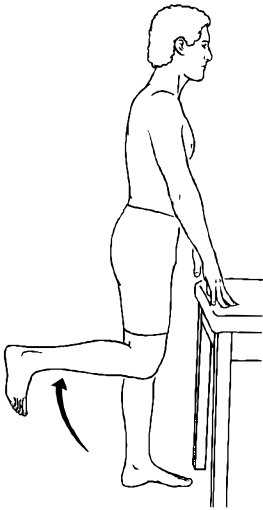


quad set

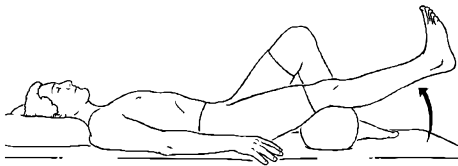


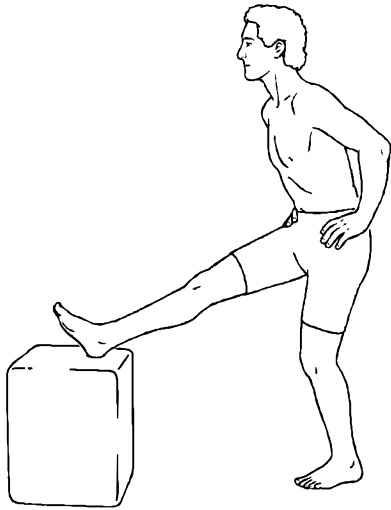
Read First Aid for Strains and Sprains prior to starting this routine.
Day 1: RICE. Day 2: If your constant knee pain is less severe than day 1, or is intermittent now, and you are able to walk short distances with the use of a cane perform exercise 1&2.. Number 1 is called a quad set, perform by gently tensing the muscle in the front of you thigh and straighten the knee, hold for a few seconds then relax, repeat 5-10 times. Number 2 is a wall slide and is performed by gently sliding the injured leg down a wall as in bending the knee to the point of stretch but not pain, repeat 5-10 times. Follow the routine with RICE, perform every 3-4 hours.





Day 4: If you have less swelling than day 2, increased range of movement at the knee, and walking is more tolerable than day 2, replace exercise 1&2, with exercise 3&4.
Number 3 is performed by bending your knee until slight discomfort is felt, repeat 10 times.
Number 4 is performed by extending your knee fully and tensing the front of your thigh for several seconds, repeat 10 times, follow with RICE. Repeat the routine every 3 hours.





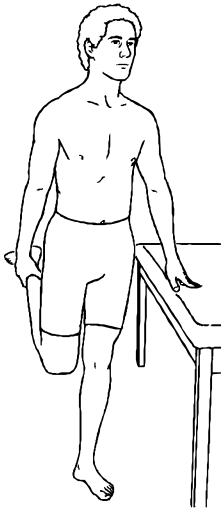
Day 9-21 (or longer)

If your pain is intermittent and felt only with overstretching the injured area, you have little swelling, and you can walk without limping start the next 4 exercises.

Number 5 is performed by placing your foot on a chair and passively extending knee until firm stretch or mild to moderate pain is felt.

Repeat 10 times every 2-3 hours.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)



Pull right heel toward buttock until stretch is felt in front of thigh.

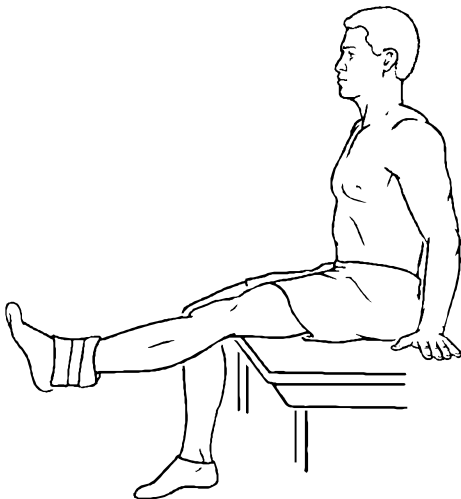
Hold 10 seconds.

Repeat 10 times per set.

Do 1 sets per session.

Do 6 sessions per day.

HIP / KNEE - 76 Knee Extension (Sitting)



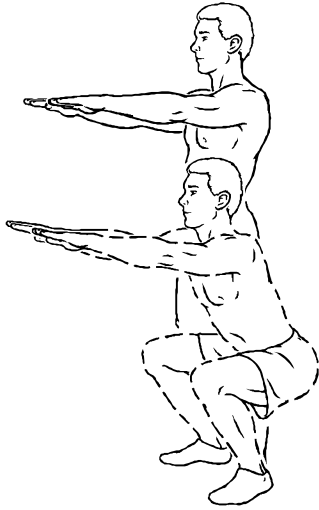
Place 5-15 pound weight on left ankle and straighten knee fully, lower slowly.

Repeat 10 times per set.

Do 1 sets per session.

Do 6 sessions per day.

HIP / KNEE - 79 Deep Squat



Stand with feet shoulder width apart and squat deeply, head and chest up.

Repeat 10 times per set. Do 1 sets per session.
Do 6 sessions per day.



Perform the routine as prescribed until pain is no longer felt. Once fully recovered, start the prevention/warm up program 1-2 times weekly or before sporting activity. Discontinue use of RICE, or use only if lingering soreness happens to occur following exercise or excessive activity.
