



Sea to Sky Orthopaedics Athletic Injuries and Arthroscopy

#350-4370 Lorimer Road, Whistler, BC, V0N1B4 | T 604 905 4075 F 604 905 4073 | www.seatoskyorthopaedics.com

**Knee Extension Isometric**



*Push back of knee to ground, lift heel*

**Preparation:**

Lie flat on your back

**Execution:**

- Tighten the muscles on the top of your thigh by pushing the back of your knee into the floor and lifting your heel off the ground
- Relax

**Heel Slides (Belt)**



*Belt around foot, knee straight*



*Gently pull belt to bend knee*

**Preparation:**

- Lie on back with knee straight
- Put a belt or strap around your foot

**Execution:**

- Gently pull the belt to bend your knee towards your buttock
- Keep your foot in contact with the surface
- Straighten your knee to return to the start

**Knee Flexion AAROM (Wall)**



*Place foot up on wall*



*Slide foot down wall, bending knee*

**Preparation:**

- Lie on your back
- Place your feet on the wall

**Execution**

- Bend your involved knee by sliding it down the wall

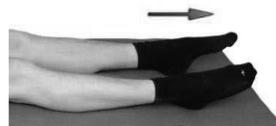
**Ankle Pumps**



*Find a comfortable position*



*Pump ankle up*



*Pump ankle down*

**Preparation:**

- Find a comfortable position

**Execution:**

- Pump ankles up and down

**Hamstrings Stretch**



*Lean forward from the hips,  
Keep lower back flat*

**Preparation:**

- Sit on the floor, one leg out front, other leg bent with foot tucked into upper thigh

**Execution:**

- Reach gently over front leg to feel a stretch in the back of your thigh



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**Straight Leg Raise Supine | Early Range**



Start position



Lift leg, knee straight

**Preparation:**

-Lay flat on your back

**Execution:**

-Keeping your knee straight, lift your foot about 10 inches off the ground

-Gently lower your foot back to the ground

**Hip Abduction | Side lying Straight leg**



**Preparation:**

-Lie on your side with your leg straight and hip tilted towards the bed

**Execution:**

-Lift your top foot up towards the ceiling until you feel your pelvis move

-Keep your leg straight

**Bike Pendulums**



**Execution:**

-Start with the seat high

-Perform ½ circles forward and backwards

-Focus on motion, NO pushing

**Progression:**

-Lower seat and move towards full circles