



**ORTHOPEDIC
ASSOCIATES
of HARTFORD**

50 Years of Excellence

CLOSED CHAIN LE STRENGTHENING

Home Exercises

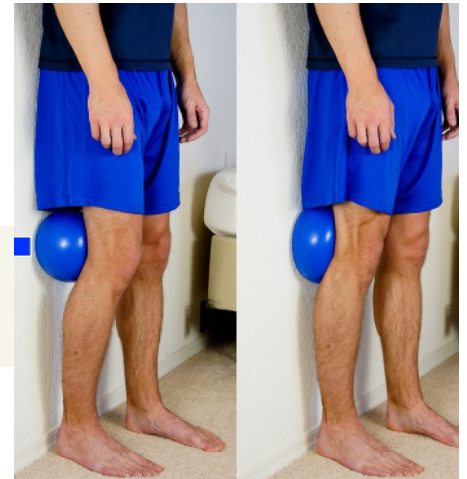
BALL TKE - TERMINAL KNEE EXTENSION

Start in a standing position with a ball behind your knee and against a wall. The knee should be partially bent.

Next, press the back of your knee against the ball while you try and straighten your knee.

Repeat 10 Times Hold 10 Seconds

Complete 1 Set Perform 2 Times a Day



STEP UP LATERAL

While standing next to a box or raised surface, step up and to the side on to the surface. Both feet should touch the raised surface. Then step down and onto the floor towards the same side that you started from.

Repeat 10 Times Hold 1 Second

Complete 2 Sets Perform 2 Times a Day



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 5 Times Hold 20 Seconds
Complete 1 Set Perform 2 Times a Day



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 10 Times Hold 1 Second
Complete 3 Sets Perform 2 Times a Day



SIDESTEPPING

Start: Partial squat position with feet together

Movement: Move laterally separating your feet and then bringing them back together.

*Note-Mark off 15-20 ft up and back is one lap, maintain a partial squat position and build up your speed.

Repeat 5 Times Perform 2 Times a Day



LATERAL LUNGE - ALTERNATE

Stand with a small space between feet. Next, step to the side and bend that knee in to a lunge position. As the knee bends lower your bottom down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counter balance.

Return to original position and repeat on the other side.

Repeat 10 Times ***Hold 3 Seconds***

Complete 2 Sets ***Perform 2 Times a Day***

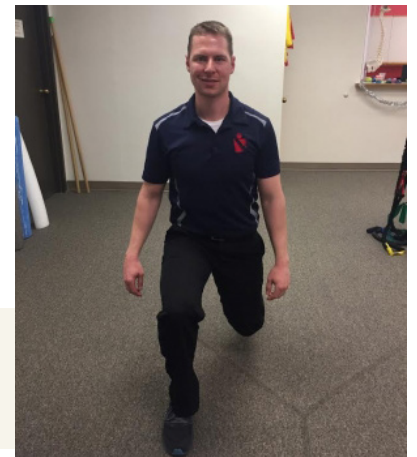


POSTERIOR (BACKWARD) LUNGE

Start by standing with feet hip width apart. Step back with one leg and bend both knees as you lower your body weight towards the ground. Try to keep your chest up. Your back knee should go straight down towards the floor, maintaining your thigh perpendicular with the floor. Return to start position and repeat.

Repeat 10 Times

Complete 2 Sets ***Perform 2 Times a Day***



AIR SQUAT

Stand with feet shoulder width apart and toes pointed forward to slightly turned out. Bend knees and lower buttock towards floor keeping your back straight and bending at your hips. Allow your arms to raise up forward as you lower down and then return arms to side as you straight back up.

Your buttock should lower behind your feet as if you are going to sit on a chair. Emphasize your weight going through your heels.

For good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Repeat 10 Times ***Hold 2 Seconds***

Complete 2 Sets ***Perform 2 Times a Day***



SINGLE LEG DEADLIFT

Stance leg should have slight knee bend. Keep your back and kicking leg straight while keeping your gluts and core tight. Then bend forward on your stance leg hip making sure you feel your gluts and hamstrings working. Keep a straight line from your shoulder to your heel. It helps to keep your gluts tight by pointing your toes as you squeeze your gluts. Pause at the bottom then return nearly to the top. Repeat. Start without weight then you can progress to a dumbbell or band/pulley resistance.



Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

SINGLE LEG STANCE IR/ER

Standing on one leg rotate to the outside in a slow controlled manner. Then rotate to the inside bringing your non-weight bearing leg in front of you. Only rotate as far as you feel comfortable and in control.

Repeat 10 Times

Complete 2 Sets Perform 2 Times a Day

