

Quadriceps Exercises



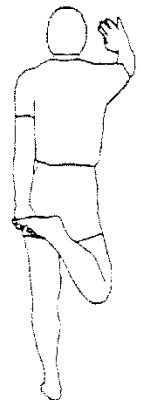
Dr. Ho

Phase 1 is to address initial pain and swelling. Apply the principles of PRICE (Protect, Rest, Ice, Compression, Elevation) as well consider a compression wrap with a 6 in ace or a neoprene hamstring sleeve that can be purchased online. Once you have no pain walking or climbing up and down stairs, you may begin the phase 2 exercises, but do not forget to continue the phase 1 exercises as well.

STRETCHING

Quadriceps Stretch

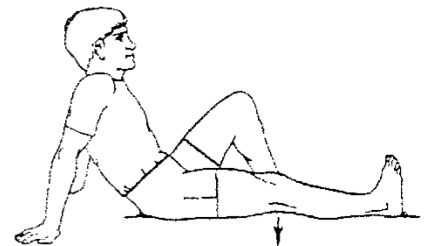
- Standing in front of a wall, grasp the ankle of the side you are planning to stretch with the hand of the same side, and pull the heel towards your buttocks, bending at the knee, and keeping both knees as close together as possible.
- You may use the opposite hand to brace yourself on the wall for balance. Keep your back straight, without arching backwards or twisting to the side.
- Hold this position for 15-30 seconds.
- Slowly relax and return to the starting position. This is one repetition.
- Do at least 2 sets of 3 repetitions on each leg, a day.



STRENGTHENING

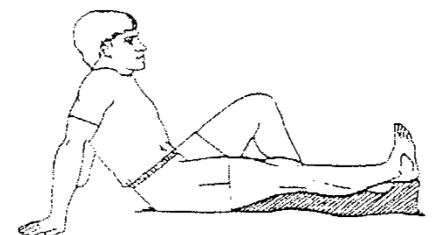
Quadriceps Isometric Strengthening

- Sit on the floor with the leg you are planning to strengthen straight, and the other knee bent.
- Contract the muscles in the front of your exercising thigh, pressing the back of the knee into the floor, and hold this position for 10-15 seconds.
- Slowly relax. This is one repetition.
- Do at least 3 sets of 10 repetitions on each leg, a day.



Straight Leg Raise

- Lying on your back with your hips and knees straightened, contract the muscles in the front of the thigh you are planning to strengthen, lifting the heel about 8 inches off the floor.
- Hold this position for 15-30 seconds, keeping the thigh muscles tight.
- Slowly relax and lower the leg back to the floor.
- Repeat on the other side. This is one repetition.
- Do at least 3 sets of 10 repetitions a day.



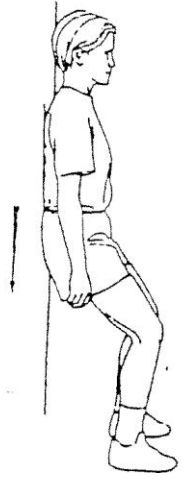
*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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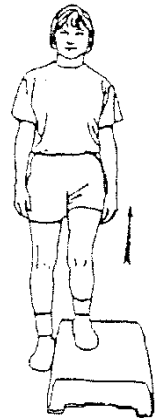
Quadriceps Wall Slide

- Stand with the back of your head, shoulders, back, and hips against a wall. Place your feet one shoulder's width apart and about 1 foot away from the wall. (As a guide, you may also place a rolled-up pillow or soccer ball between your knees.)
- Keeping your head against the wall, but your neck and shoulders relaxed, slowly slide your back and hips down towards the floor. Tighten the muscles in the front of your thigh and those in your buttocks.
- Continue to lower your body until your thighs are parallel to the floor.
- Hold this position for 10-30 seconds.
- Slowly raise your body back up to the starting position, keeping your thighs and buttocks tight the whole way.
- Relax and take a deep breath. This is one repetition.
- Do 3 sets of 10 repetitions a day.



Steps

- Stand in front of a set of stairs, and slowly step up onto the first step with the leg you plan to exercise.
- Once both feet are on the step, slowly step back down, keeping your weight on the exercising foot, on the first step.
- Relax and take a deep breath. This is one repetition.
- Do 3 sets of 10 repetitions, on each leg, a day.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. *100 Questions & Answers About Your Sports Injury*. Sudbury: Jones and Bartlett Publishers 2008.