



PHYSIMED

JOHN'S EXERCISES : 12/12/2019

KNEE REHABILITATION

PROVIDED BY GUY-MANUEL DE HOMEM-CHRISTO (PHYSIO)



STATIONARY BIKE

Use a stationary bike for 20-30 minutes each day.

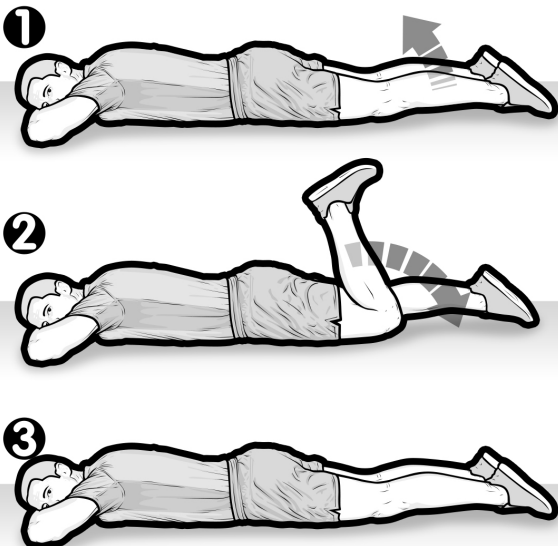
SETS & REPS: 20-30mins FREQUENCY: Daily



MUNCIE STRAIGHT-LEG RAISE

Sit with your uninjured leg bent and your heel placed beside your opposite knee. Lean forward, hug your knee and rotate your straight leg outwards until your big toe is pointing to 10 o'clock (left leg) or 2 o'clock (right leg). Pull your foot back, contract your quadriceps and raise your leg 1 inch off the floor. Hold for 5 seconds then slowly lower and repeat.

SETS & REPS: 2 x 10 FREQUENCY: Daily



ECCENTRIC HAMSTRING CURL (NO WEIGHT)

Lying on your front in a comfortable position, bend your knee as far as you can towards your bottom. Try not to bend at your lower back. Slowly lower your foot back to the start position. Repeat.

SETS & REPS: 2 x 10 FREQUENCY: 5 x week