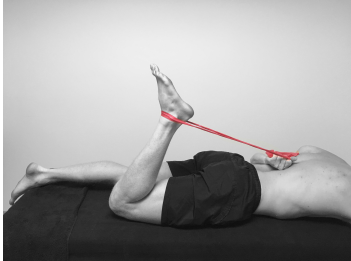


DO YOU HAVE KNEE PAIN?

STRENGTHENING: DO 3 SETS OF 10 REPS 2-3



1) **LOWER LIMB THERABAND STRENGTHENING:** Standing with support (the wall or a chair), tie a theraband around you ankles tightly (either green or red). Start by opening your legs to side, then forward and then backwards. Do either motion 10 times. Be sure to keep your body straight. Do not compensate by leaning to the opposite side. Progress to no support.



2) **RESISTED KNEE FLEXION AND EXTENSION** Lying on your stomach, tie the theraband around your ankle, bend your knee as much as possible and hold the theraband taught. Proceed to extend/straighten your knee against the resistance. Secondly tie the theraband around your ankle then around the leg of a couch or table while your leg is straight. Proceed to bend/extend your knee as much as possible against the resistance band.

STRETCHING: DO 3 SETS OF 30 SECOND HOLDS



3) **ITB STRETCH:** Stand in the above position while leaning against a wall. Keeping your back leg straight, touch your back leg's big toe with both hands.

4) **GASTROCS STRETCH:** Standing in the above position while holding a wall, bend your front knee as much as possible while keeping your back heel on the floor and back knee straight. Alternate.



5) **QUAD STRETCH:** Lie on your stomach and bend your knee to your buttocks. Grab your ankle and push your knee down even further. If you are unable to grab your ankle in this position use the theraband or a towel to bring it further down.

6) **NEURAL STRETCH:** Walk 10 steps either leg keeping front leg straight and bending to touch the back of your hand to the opposite ankle while your foot is bent upwards as far as possible.

PURCHASE A THERABAND FOR R30 AT ALEX REID PHYSIOTHERAPY

INFORMATION ABOUT KNEE PAIN

Knee pain can be caused by a sudden injury, an overuse injury, or by an underlying condition, such as arthritis. Treatment will vary depending on the cause. Symptoms of knee injury can include pain, swelling, and stiffness.

Acute injuries include:

- Sprains, strains, or other injuries to the ligaments and tendons that connect and support the kneecap.
- A tear in the rubbery cushions of the knee joint (meniscus).
- Ligament tears, such as the anterior cruciate ligament (ACL). The medial collateral ligament (MCL) is the most commonly injured ligament of the knee.
- Breaks (fracture) of the kneecap, lower portion of the femur, or upper part of the tibia or fibula.
- Kneecap dislocation. This type of dislocation occurs more frequently in 13- to 18-year-old girls.
- Knee joint dislocation. This is a rare injury that requires great force. It is a serious injury and requires immediate medical care

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