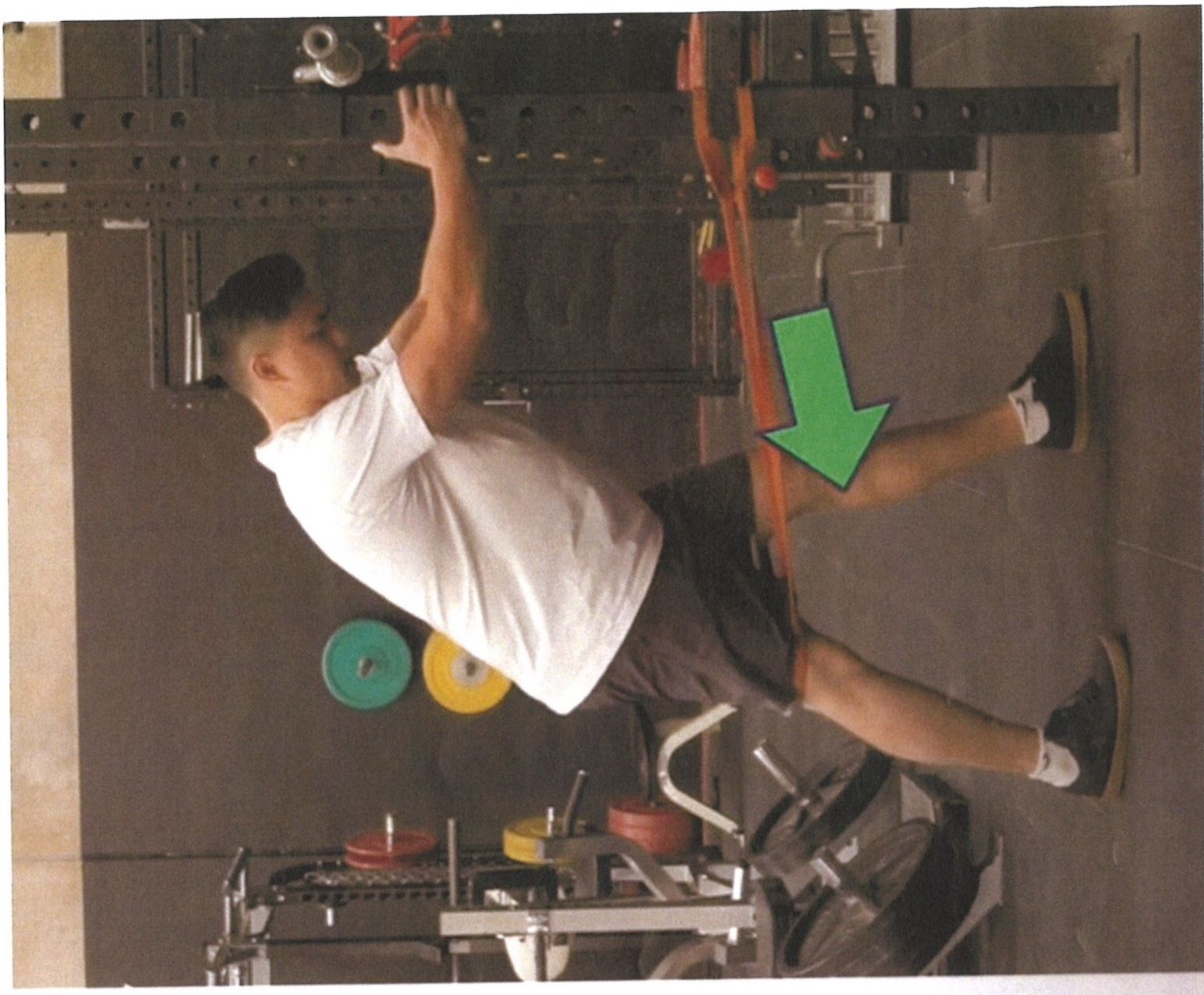


Banded Knee Extensions

- Thread your leg into the band. slightly step back so there is tension in the band with a bent knee.
- Extend your knee, pulling the band back. This will contract the VMO and the quadricep muscles.
- The VMO and Quadriceps are connected to the patella via its tendon.
- This exercises will strengthen the knee and help prevent injuries and prevent them too.
- Such injuries such as MCL, LCL, PCL , ACL or meniscus tears of the knee.
- Do about 10 -15 repetitions and 3 SETS on both knees.
- If this is too painful for you . Stop immediately and seek medical advice.



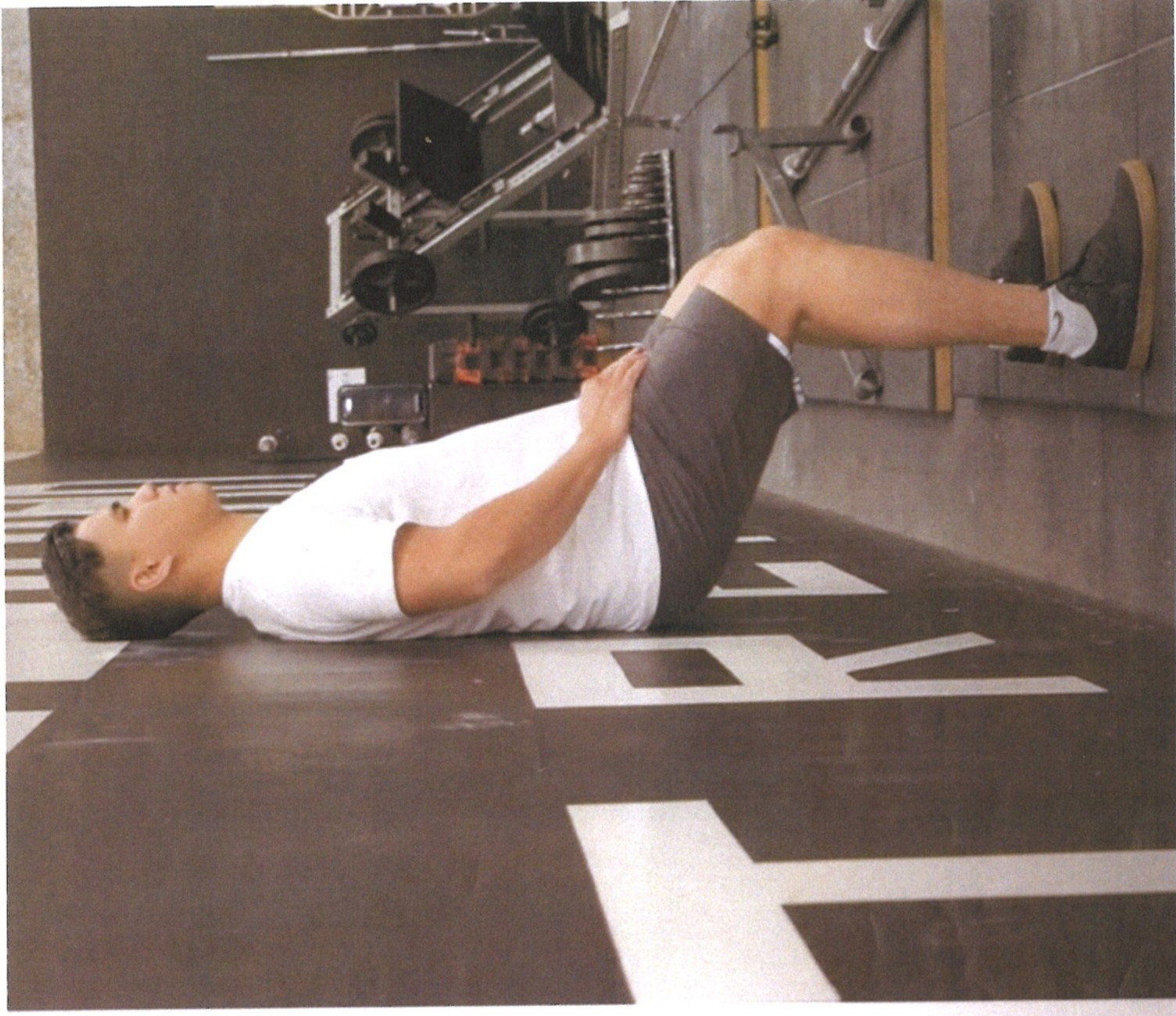
INCLINE ISOMETRIC SQUAT

- ▶ Place something either under your heels or create a stable incline platform for yourself to stand on.
- ▶ Stand on the platform. This position will make your knees bend more forward over your feet.
- ▶ The shear force of this position will load into the ligaments of knee and patella tendon.
- ▶ This exercise will strengthen the knee and help prevent injuries in the future.
- ▶ Such injuries such as MCL, LCL, PCL, ACL or meniscus tears of the knee and patella tendon issues.
- ▶ Hold a squat for 30-40 seconds for 3-4 sets.
- ▶ You may get slightly sore from this exercise and icing may reduce the pain.



Wall Sits

- Lean up against a wall, keep your back nice and flat with your feet slightly wider than your shoulders.
- This exercise creates load into the thighs, knees, ankles, and the glute muscles.
- Focus on contracting the quadricep muscles and the VMO muscles, which is the inner quad muscle.
- These muscles here help stabilize the knee and strengthen it to prevent injuries.
- This is fantastic and effective for patella tendinosis or patella tendonitis pain and rehabilitation.
- Hold it for around 30 seconds to 40 seconds. Give your self a break and then repeat it 4-5 times.
- Introduce a band around your knees to promote glute activation when you push your knees out.



Mini Band

Place both feet through the band. Band at ankle.

Stand on one foot and extend the opposite leg up and out to the side.

Repeat with the opposite leg.

10-12 reps, 4-5 sets.



Step Downs

Stand on a stable, elevated platform.

Slowly lower the heel of one leg Down while maintaining a straight leg. Keep Heel off the floor.

Hold in this single leg position for 30-40 Seconds. Repeat with the opposite leg.

Complete 4-5 sets.



Patellar Tendinopathy



Patellofemoral tendinopathy is an injury to the tendon that connects your kneecap (patella) to your shinbone (tibia). It's also called "jumper's knee," and can keep you from sporting activities or simple daily activities like using the stairs.

Your knee is formed from the thighbone (femur), the shinbone (tibia), and the kneecap (patella). The patella is connected to the shinbone by the patellar ligament. This ligament is very strong and allows the large quadriceps muscles in your upper leg to pull your leg straight. Inflammation in this ligament is called patellar tendinopathy. If there is pain and injury without inflammation, the condition is called patellar tendinosis.

Patellar ligament pain is often caused by jumping like in sports such as basketball. Any increase in activity or repeated activities using the knee can cause patellar tendinopathy. You may feel pain just below your kneecap, and it may feel worse with getting up out of a chair or climbing stairs. Sports activities such as running, jumping, or kicking may also worsen your symptoms.

Therapy can help you learn to manage the pain and complete exercises for strength and flexibility. Your therapist will also teach you to keep your knee aligned well during movements like squatting, running, and jumping.