

PFJ Rehab Programme

Tick the required exercise below

1. Straight leg raise



- Lying on back or sitting, bend one knee up to protect back. Keep other leg straight and turn toes out to the side
- Keeping knee straight, lift leg up about 45 degrees
- Hold for 5 seconds then slowly lower.
- Repetitions

2. Heel shin slide



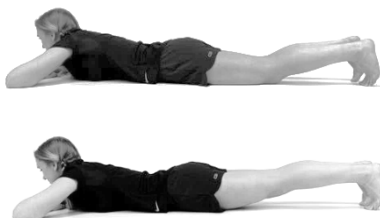
- Lying on your back or sitting, one knee bent and one knee straight
- Sweep one ankle up your shin bone squeezing the muscle on the inner thigh and lower the leg to straight knee position.
- Repetitions

3. Bridging with ball squeeze



- Lying on back with both knees bent. Ball between knees
- Squeeze knees together and curl tail bone underneath and peel spine up off until shoulders and knees are in a line keep feet flat.
- Hold for 5 seconds then slowly lower your spine.
- Repetitions.....

4. Prone knee raises



- Lying on your tummy, legs out straight behind you, toes resting on the floor
- Squeeze the muscle at the front of your leg to try and straighten your knee, raising it off the floor, keeping your toes on the floor
- Hold forseconds
- Repetitions.....

5. Duck exercise



- Sitting with heels together, toes turned out and hands on the inside of knee
- Slowly straighten knees as you feel the muscles bulge on the inside of your knee, slowly lower
- Repetitions.....

6. Squats



- Standing with feet hip width apart
- Slowly squat down as if sitting into a chair, keep your knees over your toes not letting them come together and heels down on the floor.
- Hold for a count of 5, then stand back up
- Repetitions.....

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7. Knee up arabesque



- Balance on one leg, plant your big toe down and squeeze leg and bottom muscles
- Raise your other leg in front of you, hips and knees bent at 90 degrees
- If you are still balanced now take your leg straight out behind you, hands in close to your body
- Reach your hands out in front and aim to hold for up to 1 minute. Repeat on the other leg.
- Repetitions.....

8. Star excursion Balance



- Pretend you are standing in the middle of a clock
- Stand on one leg in the centre of the clock
- Lunge to each number on the clock face as far out as you can, maintaining balance and control
- Aim to complete a full circle of the clock balancing on your right and left leg.
- Repetitions

9. Bulgarian Split squat



- Back to a chair, take one step forward then rest the top of your foot on the seat.
- Place your hands on your head
- Slowly bend your standing leg ensuring your knee goes forward over your toes, lowering your back knee towards the floor
- Hold for seconds
- Repetitions.....

10. Donkey Kicks



- In 4 point kneeling, hands under shoulders, knees under hips
- Keeping your knee bent kick your foot back towards the sky
- Keep your pelvis level when doing this, hold for a few seconds, return to the start position
- Repeat on other side
- Repetitions.....


11. Sumo Squats




- Standing with feet wide apart toes turned out
- Slowly squat down as if sitting into a chair, keep your knees over your toes not letting them come together and heels down on the floor.
- Hold for seconds, then stand back up
- Repetitions.....

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