

Osgood Schlatter Exercise Programme

Please complete this programme _____ per day

Tick the required exercise below

1. Hamstring stretch



- Sitting with one leg straight out in front, other leg bent. Keep back straight
- Keeping knee straight, reach towards ankle with both hands
- Hold for 30 seconds.
- Repetitions.....

2. Lazy Hamstring stretch



- Lying on back, centre of your body lined up with the centre of the doorframe. Put one leg up the door frame and the other through the door.
- Both knees should be straight and facing upwards, your hips should be on the floor with no bottom lifting.
- Hold for 30 seconds
- Repetitions.....

3. Active Soleus Stretch



- Stand with one foot in front of the other facing a wall.
- Rest your hands on the wall and make sure that your feet are facing forwards.
- Bend both your knees keeping both of your heels on the floor and stick your bottom out
- Hold for 30 seconds.
- Repetitions.....

4. Lunge hip flexor stretch



- Kneeling on the floor, take one leg forward and keep your body upright.
- Feel a stretch on the front of your back leg.
- Hold for 30 seconds.
- Repetitions.....

5. Side lying hip abduction



- Lying on your side. Keep back straight
- Keeping leg straight, lift leg up without rolling body back.
- Hold for 2-5 seconds. Repetitions..... Each side.

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6. Shoulder bridge



- Lie on your back with your knees bent and arms across your chest.
- Take a deep breath in and as you breathe out tighten your tummy muscles.
- Lift your bottom up to make a bridge; make sure you maintain your bridge keeping hips levels.
- Hold for 2-5 seconds.
- Repetitions.....

7. Inner range quads



- Lying on floor with your knee over a firm rolled towel, with foot pulled up towards you.
- Press back of knee into roll, so foot comes off floor. Do not lift leg off roll.
- Hold for 10-20 seconds
- Repetitions.....

8. Tree Stance



- Stand on one leg with other leg bent up and out to side.
- Reach up tall with arms as tall as you can and try to achieve good knee alignment and stability.
- Repetitions.....

Tip: complete this exercise in front of a full length mirror so you can see how you are doing.

9. Clams



- Lying on side (hips facing forward, lying tight against wall to prevent hip rolling backwards). Slightly bend knees.
- Keeping ankles together, lift top knee up towards ceiling slowly lower.
- Repetitions.....

10. Prone hip extension



- Lying on stomach, place hands under your chin.
- Slowly lift leg upwards from your hip by tightening your bottom muscles
- Slowly return to starting position and alternate legs.
- Repetitions.....

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