

STRENGTHENING KNEE EXTENSORS



WARM UP (INCREASE LOCAL METABOLISM)

- Biking (Very little resistance ~ 90 RPM), swimming, walking...
- 10 minutes or more (until you start sweating)
- No pain

STRENGTHENING (DEPENDING ON LEVEL)

ISOMETRIC (NO MOVEMENT)



- Seated, knee flexed at 60°
- Resistance at the ankle, hold contraction

PROGRESSION

(DEPENDING ON SYMPTOMS AND CAPACITY)

- Increase length
(_____ seconds)
- Increase resistance
(_____ % max strength)

GOAL

_____ series of _____ seconds
_____ x/day

PAIN

- Not allowed
- Allowed during exercise at level _____ /10
- Reduced during activities post exercise

ISOTONIC (WITH MOVEMENT)



- Step up and step down slowly
- Pelvis horizontally stable
- Knee stable and aligned with _____

PROGRESSION

(DEPENDING ON SYMPTOMS AND CAPACITY)

- Increase step height
- Vary surface incline and trunk position
- Increase load
(backpack or free weight)
- Increase speed
(break right before reaching ground)

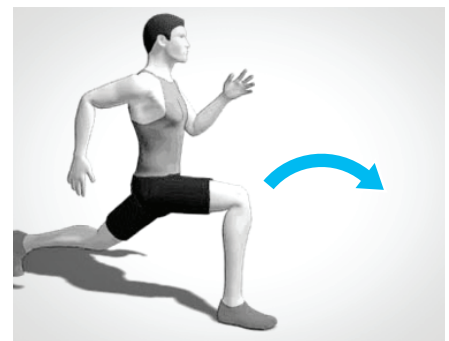
GOAL

_____ series of _____ to _____
repetitions, _____ x/day

PAIN

- Not allowed
- Allowed during exercise at level _____ /10
- Allowed after the exercise (back to N after : _____)

FUNCTIONAL (SPORT RELATED MOVEMENT)



- Jump on one leg
- Pelvis and knee stable

PROGRESSION

(DEPENDING ON SYMPTOMS AND CAPACITY)

- Increase height or length of the jump
- With a charge
(backpack or free weight)
- Different landing surfaces

GOAL

_____ series de _____
_____ x/day

PAIN

- Not allowed
- Allowed during exercise at level _____ /10
- Allowed after the exercise (back to N after : _____)

STRETCHING (DEPENDING ON STIFFNESS) : 1 x 30 s 2 x 30 s 3 x 30 s

