

MENSICAL PROGRAM: STRENGTHENING I (CONTINUED)

SEATED KNEE EXTENSION

From a seated position, slowly straighten leg. Return to start position.

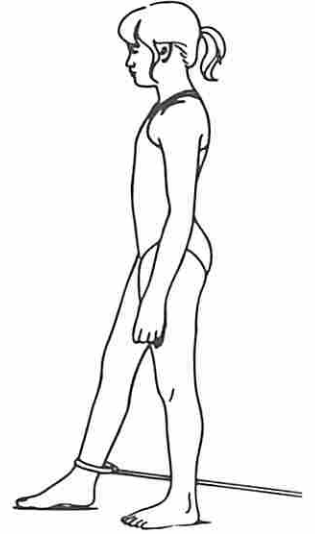
Use _____ lbs.
Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



RESISTED HIP FLEXION

With tubing around involved ankle and opposite end secured in doorjamb, bring leg forward, keeping knee straight.

Hold 1-2 seconds.
Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



REHABILITATION SERVICES

EAST MEADOW: 801 MERRICK AVENUE, EAST MEADOW, NY 11554 • PHONE: 516-393-8900 • FAX: 516-393-8969

FOREST HILLS: 69-67 108TH STREET, FOREST HILLS, NY 11375 • PHONE: 718-268-4932 • FAX: 718-268-2395

ROSLYN: EXPRESSWAY PLAZA 4, SUITE 110, ROSLYN HEIGHTS, NY 11577 • PHONE: 516-621-1170 • FAX: 516-621-1848

MENSICAL PROGRAM: STRENGTHENING I

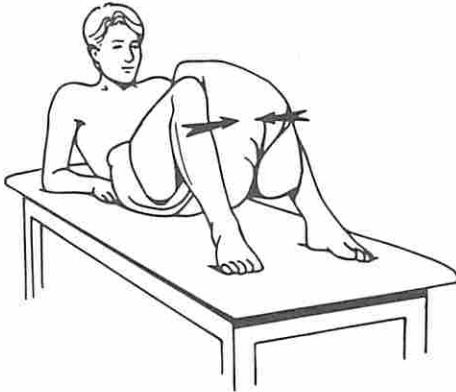
SEATED HIP FLEXION

Sit on high chair, stool or table.
Stretch band across thigh. Lift
hip and thigh off of table,
stretching band.



Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

ISOMETRIC HIP ADDUCTION



With folded pillow between knees, squeeze knees together.

Hold 5 seconds.
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1-2 sessions/day.

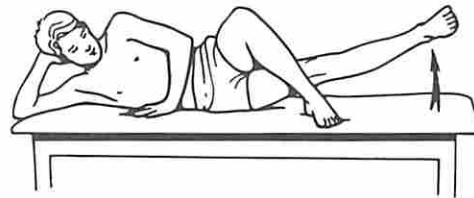
ISOMETRIC HIP ABDUCTION



Push into wall with outside of knee, using a folded pillow.

Hold 5 seconds.
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1-2 sessions/day.

SIDE-LYING HIP ADDUCTION



Lying on side, tighten muscle on front of thigh, then lift leg 8-10
inches away from the floor.

Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

MENISCAL PROGRAM: STRENGTHENING II

SEATED KNEE EXTENSION

From a seated position, slowly straighten leg. Return to start position.

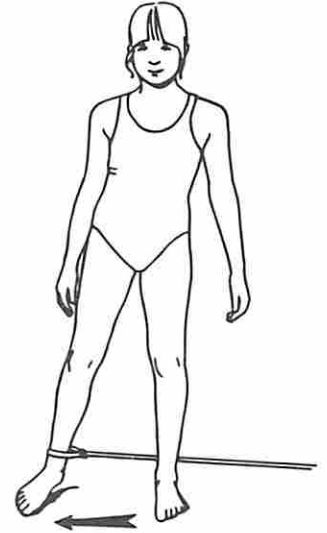
- Use _____ lbs.
- Repeat 15 times/set.
- Perform 3 sets/session.
- Perform 1 sessions/day.



RESISTED HIP ABDUCTION

With tubing around involved ankle and opposite end secured in doorjamb, stand sideways from door and extend leg out to the side.

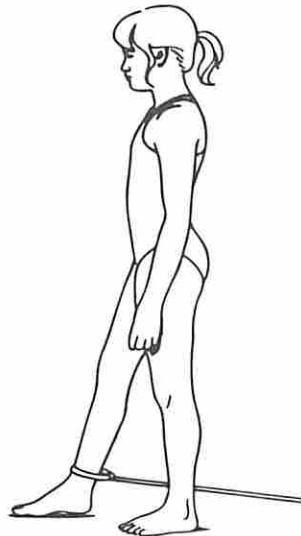
- Hold 1-2 seconds.
- Repeat 15 times/set.
- Perform 3 sets/session.
- Perform 1 sessions/day.



RESISTED HIP FLEXION

With tubing around involved ankle and opposite end secured in doorjamb, bring leg forward, keeping knee straight.

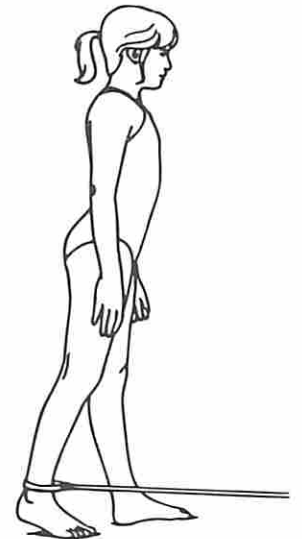
- Hold 1-2 seconds.
- Repeat 15 times/set.
- Perform 3 sets/session.
- Perform 1 sessions/day.



RESISTED HIP EXTENSION

With tubing about involved ankle and opposite end secured in doorjamb, face door and pull leg straight back.

- Hold 1-2 seconds.
- Repeat 15 times/set.
- Perform 3 sets/session.
- Perform 1 sessions/day.



RESISTED HIP ADDUCTION

Bring leg across body and slowly return to starting position.

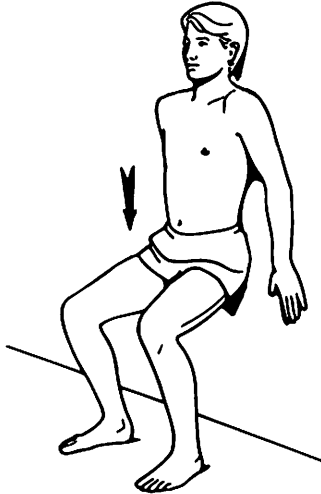
- Hold 1-2 seconds.
- Repeat 15 times/set.
- Perform 3 sets/session.
- Perform 1 sessions/day.



MENISCAL PROGRAM: STRENGTHENING II (CONTINUED)

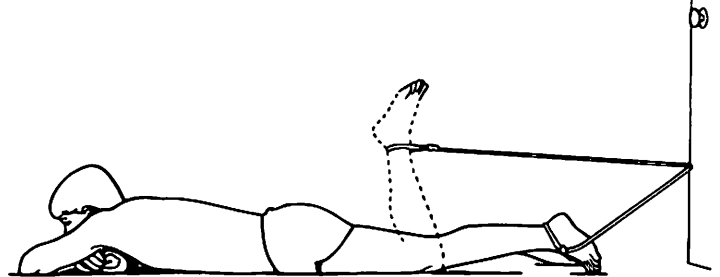
WALL SLIDES

Leaning on wall, slowly lower buttocks toward floor until your thighs are parallel to floor.



Hold 1-2 seconds.
Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

RESISTED HAMSTRING CURLS IN PRONE

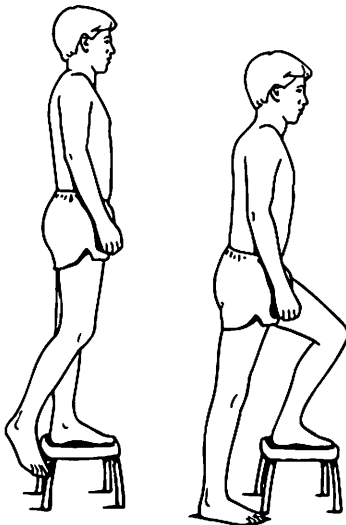


Bend knee from a straight position.

Hold 1-2 seconds.
Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

STEP-UPS

Stand on stair step or 4-6" stool. Slowly bend RIGHT LEFT leg, lowering opposite foot to floor. Return to starting position.



Repeat 15 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

REHABILITATION SERVICES

EAST MEADOW: 801 MERRICK AVENUE, EAST MEADOW, NY 11554 • PHONE: 516-393-8900 • FAX: 516-393-8969

FOREST HILLS: 69-67 108TH STREET, FOREST HILLS, NY 11375 • PHONE: 718-268-4932 • FAX: 718-268-2395

ROSLYN: EXPRESSWAY PLAZA 4, SUITE 110, ROSLYN HEIGHTS, NY 11577 • PHONE: 516-621-1170 • FAX: 516-621-1848