

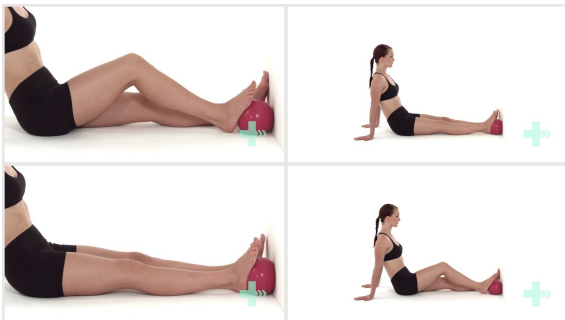
3 Sets / 10 Reps / 5 s hold



**1. Isometric VMO strengthening**

Lie on your back with your elbows supporting your upper body.  
Place a foam roller underneath your affected knee.  
Turn your hip on the affected side outwards slightly.  
At all times keep the heel of this leg in contact with the bed.  
Push your knee downwards into the foam roller, keeping the heel in contact with the bed.  
Hold this contraction relax and repeat.

3 Sets / 10 Reps



**2. Closed chain IRQ into ball**

Sit with your legs straight out in front of you.  
Place a small ball against a wall.  
Put the foot of your affected leg flat up against the ball, with your knee slightly bent.  
Keep your knee pointing directly upwards.  
Push the heel of your foot in to the ball, trying to straighten your knee.  
Use the resistance of the ball to push against so you feel the movement.

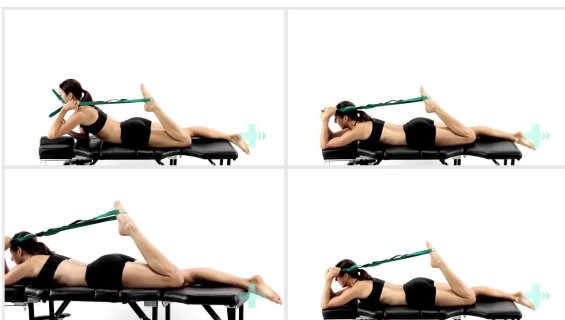
3 Sets / 10 Reps / 5 s hold



**3. Bridge**

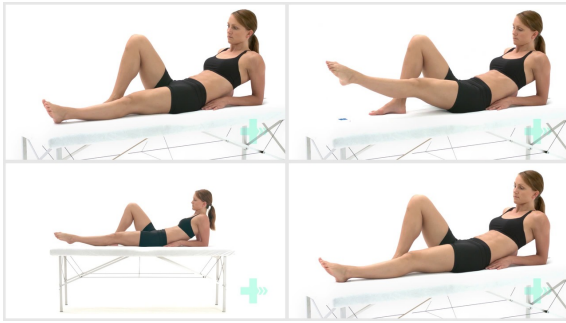
Lie on your back.  
Bend both knees and place your feet flat on the bed.  
Lift your buttocks from the bed.  
Place your buttocks back on the bed.  
Repeat this exercise and remember to continue to breathe properly.

1 Set / 5 Reps / 15 s hold



**4. Prone quad stretch with strap**

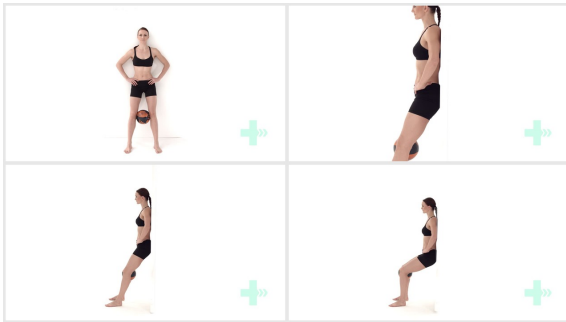
Place the strap around your foot and lie face down.  
Pull on the strap, bringing your heel towards your buttocks, until you feel a stretch in the front of your thigh.  
Make sure you keep your knees together throughout the stretch.



### 5. Isometric VMO SLR

Lie on your back with your affected leg straight and the other leg bent for stability. Turn the affected leg out, tighten the thigh muscles to fully straighten the knee and lift the leg off the bed, keeping the knee completely straight. Hold this position, ensuring the leg is still turned out. Control the movement as you lower the leg back down, and allow it to roll back in to the neutral position.

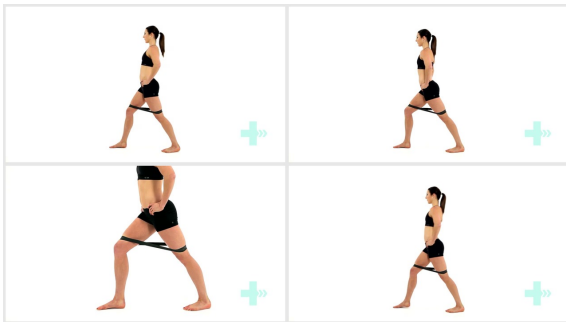
3 Sets / 10 Reps



### 6. Wall squats with VMO

Lean up against the wall and place the ball between your knees. Walk your feet forwards, keeping your back and buttocks on the wall. Squeeze the ball between your knees as hard as you can, as you slide down the wall into a squat. Return to the starting position, keeping the pressure on the ball.

3 Sets / 10 Reps



### 7. Resisted terminal knee extension

Place a resistance band around the top of your knees, just above your kneecap. Lunge forward on your good leg with the knee of the back leg slightly bent. Straighten the back knee as much as you can, pulling against the resistance of the band. Control the movement as you ease back off the tension, and then repeat the exercise, straightening the back leg. Keep the front leg in the same position throughout.