

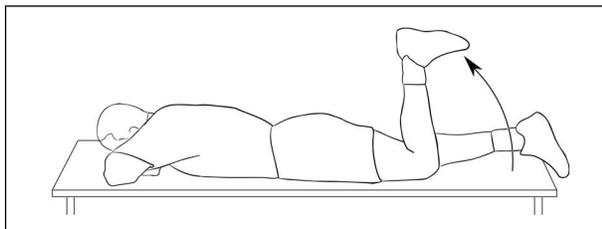
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR PLICA SYNDROME

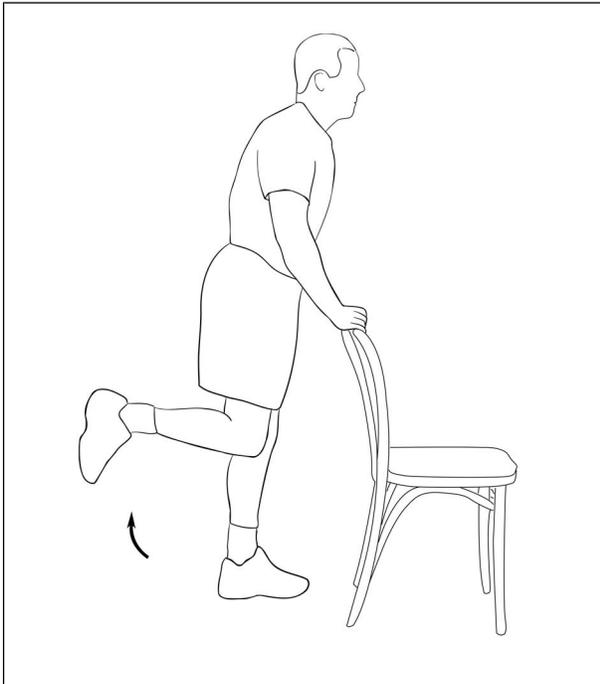
Perform the exercises in the order listed. To prevent inflammation, apply a bag of crushed ice or frozen peas to the injured side of the knee for 20 minutes after completing the exercises. You should experience improved range of motion and less pain in your knee. If the pain does not change or becomes worse, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Knee flexion	Hamstrings	25 repetitions/3 sets, progressing to 45 repetitions/3 sets	4 to 5	3 to 4
Hamstring curls	Hamstrings	25 to 45 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	Work up to 10 repetitions/3 sets	Daily	3 to 4



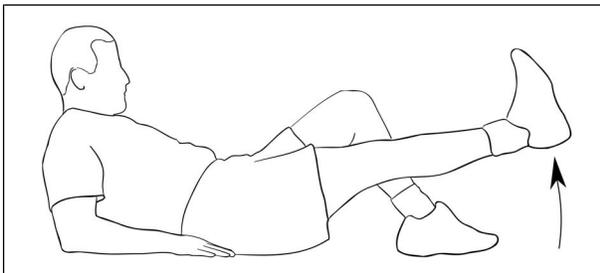
KNEE FLEXION

Lie face down on a flat surface with your legs together. Slowly flex the affected knee (bend it up toward your buttocks) as far as possible without pain and then lower it. To add resistance, use rubber tubing while you do the exercise. Perform 3 sets of 25 repetitions, progressing gradually to 3 sets of 45 repetitions. Perform the exercise 4 to 5 days a week, continuing for 3 to 4 weeks.



HAMSTRING CURLS

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance. Bend the affected knee, raising the heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax. Perform 3 sets of 25 repetitions, progressing gradually to 3 sets of 45 repetitions. Perform the exercise 4 to 5 days a week, continuing for 3 to 4 weeks. Seated version: Sit on a chair with your feet flat on the floor. Raise the affected knee off the chair and hold the position for 5 seconds.



STRAIGHT-LEG RAISES

Lie on the floor, supporting your torso with your elbows as shown. Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor. Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax. Work up to 3 sets of 10 repetitions daily, continuing for 3 to 4 weeks.