

PFS Rehabilitation

HAMSTRING STRETCH



1. Sit with your ____ leg straight, and the ____ leg comfortably bent
2. Reach forward with your ____ hand to grip the sole of your foot. Press your ____ hand on to your knee to maintain knee extension
3. Maintain spinal alignment, gently curving throughout the whole spine
4. 5 repetitions, 2X day

QUAD STRETCH



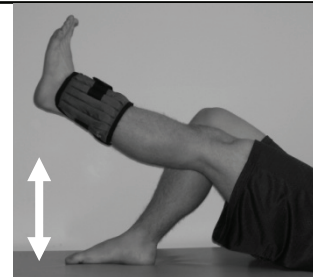
1. Stand side-on to a wall with your hands supporting your body weight
2. Flex your _____ leg, and grip your ankle with your knee flexed
3. Pull your hip back into extension, while maintaining correct spinal alignment
4. 5 repetitions, 2X day

CALF STRETCH



1. Position your body against a wall as shown with _____ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. 5 repetitions, 2X day

WEIGHTED STRAIGHT LEG RAISE



1. Lie on back with _____ knee straight and the other knee bent as shown
2. Place a 1-10 lb. weight around your ankle
3. Keep the leg completely straight, then raise it about ____ inches
4. 10 repetitions, up to 3 sets, 1X day

ROTATED LEG RAISE



1. Lie on back with _____ knee straight and the other knee bent as shown.
2. Place a 1-10 lb. weight around your ankle
3. Keep the leg completely straight with toes pointed outward, then raise it ____ inches
4. 10 repetitions, up to 3 sets, 1X day

WEIGHTED LEG EXTENSION



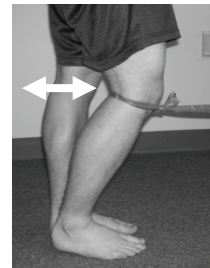
1. Lie on belly with pillow positioned as shown
2. Place 1-10 lb. cuff weight around _____ ankle.
3. Raise leg off floor as shown
4. 10 repetitions, up to 3 sets, 1X day

LATERAL STEP-UP



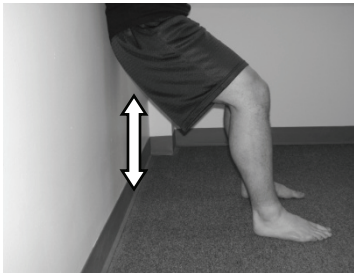
1. Place enough books on floor to total ____ inches
2. Hold onto solid object for support.
3. Step up onto books with _____ foot
4. Slowly lower
5. 10 repetitions, up to 3 sets, 1X day
6. This should be done pain free

TERMINAL KNEE EXTENSION



1. Arrange tubing around _____ leg as shown
2. Begin with knee bent partway (about 1/3), then slowly straighten knee
3. Slowly bend knee again
4. 10 repetitions, up to 3 sets, 1X day

WALL SQUAT



1. Stand with back against wall, feet shoulder width apart and 18 inches from wall
2. Slowly slide down wall until you are in a "chair position"
3. 10 repetitions, up to 3 sets, 1X day
4. This should be done pain free

MODIFIED STRAIGHT LEG RAISE



1. Sit hugging unaffected knee with the affected leg extended
2. Rotate foot outward and lean forward
3. Raise leg 1" and hold for 5 seconds, slowly lower
4. 10 repetitions, up to 3 sets, 1X day

CRYOTHERAPY

____ MINS ____ X per day

Ice Cup

Ice Bag