

Exercise plan:
Osgood Schlatter Disease

Patient:
Mr Mark Poolan

Date:
09th Sep 2020



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Quadriceps Stretch 2

Pull your foot towards your bottom. If you are unsteady on your feet, make sure you hold on to something sturdy like a wall or a table. You will feel a stretch to the quadricep muscles at the front of your thigh.

Hold for 1 minute | Repeat 3 times | Perform 2 times daily

Video: <http://youtu.be/BZwmTXwu2fk>



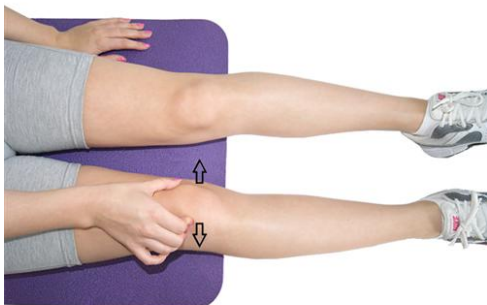
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Inner Range Quadriceps Sitting

Sit on the floor, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.

Repeat 10 times | Perform 2 times daily

Video: <http://youtu.be/ZPt0HPDgNDw>



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Patella Mobilisation

Sit with your knee straight, and your leg relaxed. Grasp your knee cap (patella) with your fingers and thumb, and wiggle your knee cap from side to side and up and down. You can also hold the patella to one side, and to the other side. It may be stiff to start, but once mobile the patella should move freely. This is a great exercise for anyone with a stiff patella.

Repeat 25 times | Perform 2 times daily

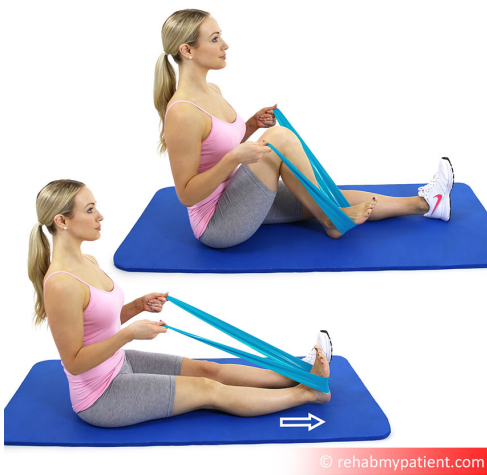
Video: <http://youtu.be/mV4rslt7C10>

Inner Range VMO Long Sit with Band

Long sit on the floor. Place an exercise band around your foot. Holding the band firmly, contract your inner thigh muscle as you push the band away by straightening your leg fully allowing your heel to slide away from you. Hold, and let your foot slide back to the start position. This exercise will help to strengthen your quadricep (thigh) muscles.

Repeat 15 times | Perform 2 times daily

Video: <https://youtu.be/qr7r8iLdbmQ>

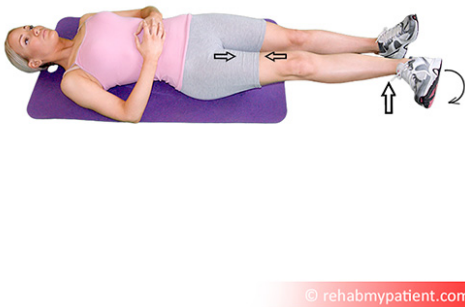


VMO Strengthening Lying 2 with Hip Flexion

First, identify your VMO - it's the inside part of the front of your thigh, and makes up part of the quadriceps muscles. Contract your VMO by squeezing your inside thigh muscle, and slowly lift your leg off the floor/bed. When your leg is a few inches off the ground, rotate your leg outwards so your foot is pointing at a 45 degree angle to the side. You will feel a pull on the inside of the thigh muscle, from your groin to your knee.

Hold for 30 seconds | Repeat 2 times | Perform 2 times daily

Video: <http://youtu.be/TIGimtznzacs>



Dear Mr Poolan, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@mksportsinjuryclinic.co.uk. Good luck and keep with it!

Exercise Diary:



Quadriceps Stretch 2

09. Sep (Week 1)							16. Sep (Week 2)							23. Sep (Week 3)							30. Sep (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

07. Oct (Week 5)							14. Oct (Week 6)							21. Oct (Week 7)							28. Oct (Week 8)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T



Inner Range Quadriceps Sitting

09. Sep (Week 1)							16. Sep (Week 2)							23. Sep (Week 3)							30. Sep (Week 4)						
W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T

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Patella Mobilisation

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Inner Range VMO Long Sit with Band

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VMO Strengthening Lying 2 with Hip Flexion



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