

Exercise plan:  
**Osgood Schlatter Disease**

Patient:  
**Mr Mark Poolan**

Date:  
**09th Sep 2020**

### Knee Flexion Supine Overpressure

Bend your knee towards your chest, and pull the heel towards your bottom to apply overpressure. You will feel a stretch to the quadriceps muscles at the front of your thigh.

**Repeat 10 times | Perform 2 times daily**

Video: <http://youtu.be/wQv4vGVwnUw>



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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 quadriceps 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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### Quadriceps Stretch 4 Single Leg

Sit down on one heel (your other leg should be straight in front of you), and then relax your body backwards. You will feel a stretch to the quadriceps muscles at the front of your thigh.

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

Video: <http://youtu.be/vX9wowCnbMM>



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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>



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## Ice to Your Knee (Sitting)

Apply an ice pack or frozen peas to your knee. Make sure you wrap it in a thin towel so its not too cold. Use this to reduce pain and inflammation. You may also find it useful to elevate the leg to further reduce swelling.

**Hold for 10 minutes | Perform 2 times daily**

Video: <http://youtu.be/SVINiq9gNj0>



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## Your Advice Sheet

Please click on the attachment below for the advice sheet

[- Osgood Schlatter Disease.pdf](#)

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](mailto:info@mksportsinjuryclinic.co.uk). Good luck and keep with it!

# Exercise Diary:

## Knee Flexion Supine Overpressure



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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

## Quadriceps Stretch 2



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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

## Quadriceps Stretch 4 Single Leg



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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

## Patella Mobilisation



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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



## Ice to Your Knee (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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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