

Exercise plan:
Runners Knee

Patient:
Patient Exercises



Hip Abduction with Band

Lie on your side, and tie an exercise band around your thighs. Lift your leg upwards against the resistance of the band. You can hold this position, or move your leg up and down. This exercise predominantly strengthens your outer hip and gluteal (buttock) muscles. Make sure you lead with your heel and not your toes (avoid outward rotation of the hip).

Sets: 2 | Repetitions: 8-12 | Both sides



Side Plank Advanced

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis). Lift your leg away from your body, as well as your arm. This is a tough exercise, so only perform this if you have the required core strength. This exercise works the abdominal and Oblique muscles as well as increasing spinal and hip stability.

Sets: 2 | Time: 10-30 seconds



Supine Bridge Medium

Lie flat on your back with your arms across your chest, and with your knees bent. Squeeze your bottom muscles and lift your body upwards. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Sets: 3 | Repetitions: 12



Single Leg RDL with Stability Hop

The Romanian dead lift. Standing with your feet shoulder width apart, extend one leg behind you as you bend forwards. Soften your knee slightly, and make sure you keep your back straight (or just slightly arched) throughout the movement. When you reach horizontal, come back up to the start position (on one leg). Then go into a hop, then stabilise your hips (or regain balance). Repeat as required.

Sets: 2 | Repetitions: 8-10 | Both sides



Foam Roller Hamstring Stretch

Sit down placing a foam roller under your Hamstrings (back of the legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your Hamstrings to create a stretch. You can cross your legs to emphasise the stretch on one side.

Sets: 1 | Time: 1 minute | Both sides



Foam Roller ITB Stretch Hard

Lay a 6 inch (15cm) diameter foam roller on the floor. Lie on the floor with the roller under the side of your leg. Support yourself using your arms, and roll the roller up and down the side of your leg from your knee to your hip bone. You can lift your body using your arms to take pressure off the roller and make the exercise more gentle. This exercise loosens up a tendinous band along the outside of your thigh.

Sets: 1 | Time: 1 minute | Both sides



Foam Roller Quadriceps

Lie face down on the floor, resting your elbows on the floor, with the roller under your quadriceps muscles (front of the thighs). Roll the roller up and down your thighs. You can focus the stretch on one side by shifting your body weight or crossing your legs.

Sets: 1 | Time: 1 minute | Both sides

Hip Flexor Stretch

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

Sets: 2 | Time: 1 minute | Both sides



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Hip Flexor Stretch 2

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and slightly into your groin. Place your foot on a stool to create an extra stretch. Use a pillow under your knee if you find you need the padding. If you need to make the stretch stronger, tilt your pelvis backwards as shown.

Sets: 2 | Time: 1 minute | Both sides



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1. Discontinue any exercise that causes pain or discomfort.
2. Pace yourself. These are gentle exercises try not to strain.
3. Breathe slowly and deeply and don't hold your breath.
4. Stretch slowly and gently instead of bouncing.
5. Muscle soreness usually only lasts for the first 3-4 days.