

Quadriceps Tendonitis

Weeks 1-2

STEP 1



STEP 2



Supine Heel Slide

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight.

Movement

Slide one heel toward your buttocks, bending your knee as far as is comfortable, then slide it back to the starting position and repeat.

Tip

Make sure to keep your back flat against the bed during the exercise.

STEP 1



STEP 2



Supine Quad Set

REPS: 10 | SETS: 3 | HOLD: 5 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



Seated Table Hamstring Stretch

SETS: 3 | HOLD: 20 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

STEP 1



STEP 2



Sidelying Quadriceps Stretch

SETS: 3 | HOLD: 20 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your legs straight.

Movement

Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

Tip

Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



STEP 3



Standing Hip Flexor Stretch

SETS: 3 | HOLD: 20 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.

STEP 1



STEP 2



Supine ITB Stretch

SETS: 3 | HOLD: 20 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Lift one leg and place it on the outside of your opposite leg, then gently pull that leg downward until you feel a stretch on the outside of your thigh.

Tip

Make sure to keep your hips and shoulders on the ground. Do not stretch through pain.

STEP 1



STEP 2



STEP 3



Supine Short Arc Quad

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface with a small bolster or large towel under the thigh of your surgical leg.

Movement

Tighten the muscles in your thigh as you lift your foot and straighten your knee. Hold briefly, then slowly lower down to the starting position and repeat.

Tip

Make sure to keep the back of your leg resting on the bolster and do not rotate your leg to either side.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Long Sitting 4 Way Patellar Glide

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright with your legs straight.

Movement

Place your fingers around your kneecap and gently move it inward. Hold briefly, then return to the starting position and repeat moving your knee cap outward, up, then down.

Tip

Make sure to keep your leg muscles relaxed during the exercise.

Weeks 3-4

STEP 1



STEP 2



Supine Active Straight Leg Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your legs straight.

Movement

Slowly lift your top leg up towards the ceiling, then lower it back to the starting position and repeat.

Tip

Make sure to keep your knee straight and do not let your hips roll forward or backward during the exercise.

STEP 1



STEP 2



Prone Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



Sidelying Hip Adduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your top leg and hip bent and your bottom leg straight.

Movement

Lift your bottom leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Standing Heel Raises

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in front of a counter or stable surface for support.

Movement

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

Tip

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

STEP 1



STEP 2



Standing Hamstring Curl with Chair Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your hands resting on a stable surface or chair, and one leg slightly bent with your toes resting on the ground.

Movement

Bend your knee, lifting your foot off the ground, then return to the starting position and repeat.

Tip

Make sure to only bend at your knee and do not let your thigh move forward past your other leg during the exercise.

STEP 1



STEP 2



Mini Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



STEP 3



Supine Bridge with Mini Swiss Ball Between Knees

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.

STEP 1



STEP 2



Step Downs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with one leg on a step and the other hanging backward off the edge.

Movement

Bend your knee, lowering your foot toward the floor, then return back to the starting position by pushing upward on your front leg.

Tip

Make sure to maintain your balance during the exercise and do not let your trunk lean forward.

STEP 1



STEP 2



Supine Active Straight Leg Raise

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Engaging your thigh muscles, slowly lift your straight leg until it is parallel with your other thigh, then lower it back to the starting position and repeat.

Tip

Make sure to keep your leg straight and do not let your back arch during the exercise.

STEP 1



STEP 2



Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your legs straight.

Movement

Slowly lift your top leg up towards the ceiling, then lower it back to the starting position and repeat.

Tip

Make sure to keep your knee straight and do not let your hips roll forward or backward during the exercise.

STEP 1



STEP 2



Prone Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



Sidelying Hip Adduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your top leg and hip bent and your bottom leg straight.

Movement

Lift your bottom leg up toward the ceiling, then slowly lower it back down and repeat.

Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



Standing Heel Raises

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in front of a counter or stable surface for support.

Movement

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

Tip

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

STEP 1



STEP 2



Standing Hamstring Curl with Chair Support

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your hands resting on a stable surface or chair, and one leg slightly bent with your toes resting on the ground.

Movement

Bend your knee, lifting your foot off the ground, then return to the starting position and repeat.

Tip

Make sure to only bend at your knee and do not let your thigh move forward past your other leg during the exercise.

STEP 1



STEP 2



Mini Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

STEP 1



STEP 2



STEP 3



Supine Bridge with Mini Swiss Ball Between Knees

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your legs bent, feet resting on the floor, and a ball between your knees.

Movement

Engage your abdominals as you gently squeeze the ball between your knees and lift your hips off the ground into a bridge position. Hold briefly, then lower back down to the ground and repeat.

Tip

Make sure to keep your core engaged and your movements slow and controlled. Do not let your hips rotate to either side during the exercise.

STEP 1



STEP 2



Step Downs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with one leg on a step and the other hanging backward off the edge.

Movement

Bend your knee, lowering your foot toward the floor, then return back to the starting position by pushing upward on your front leg.

Tip

Make sure to maintain your balance during the exercise and do not let your trunk lean forward.

Weeks 5-6

STEP 1



STEP 2



Quadruped Fire Hydrant

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

Movement

Lift your leg out to your side, keeping your knee bent, then return to the starting position and repeat.

Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



Clamshell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Standing Hip Extension and Flexion with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band that is anchored in front of you looped around one ankle.

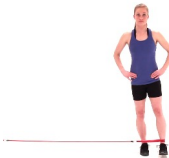
Movement

Pull your leg straight backward against the resistance. Then slowly let the resistance pull your leg all the way forward, and repeat.

Tip

Make sure to maintain your balance and keep your hips and shoulders facing forward during the exercise.

STEP 1



STEP 2



Standing Repeated Hip Abduction with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a resistance band looped around one ankle and anchored on your opposite side.

Movement

Lift your leg out to your side repeatedly without touching your foot to the ground.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.

Tip

Keep the knee of your moving leg straight and do not allow your trunk to wobble. Make sure to keep your shoulders and hips level and facing straight forward during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Backward Monster Walks

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a resistance band looped around your ankles.

Movement

Slightly bend your knees into a mini squat position. Step diagonally backward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



STEP 3



Sidestepping

REPS: 10 | SETS: 1 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



Forward and Backward Single Leg Jumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, balancing on one foot, with a line in a straight path in front of you.

Movement

Jump forward continuing along the line with the same foot, then jump backwards in the same manner, and repeat.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Single Leg Cross Jumps

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position, balancing on one foot, with a crossed line on the ground beside you.

Movement

Jump into each section on the same foot in a criss-cross pattern.

Tip

Make sure not to let your knee collapse inward as you land from each jump, and keep your foot facing forward.

STEP 1



STEP 2



Squat with Resistance at Thighs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Stand with your feet slightly wider than shoulder-width apart and a resistance band or loop secured around your lower thigh just above the knee.

Movement

Bend at your knees and hips, lowering your body toward the ground to perform a squat, then return to your starting position.

Tip

Make sure to keep your back straight by bending at the hips. Do not allow your knees to collapse inward during the exercise.

Weeks 7-8

STEP 1



STEP 2



Side Lunge with Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Take a large step out to your side, rotating your trunk and pointing your toes outward, and lower into a lunge position. Return to the starting position, and repeat.

Tip

Make sure to keep your trunk upright and maintain your balance during the exercise. Do not let your lunging knee collapse inward.

STEP 1



STEP 2



Single Leg Squat

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright in front of a wall.

Movement

Lifting one foot off the ground, slowly sit backwards until your buttocks touches the wall, lowering into a single leg squat position. Return to standing, squeezing your buttocks, and repeat.

Tip

Make sure to keep your stance hip, knee, and foot in line and do not let your knee collapse inward.

STEP 1



STEP 2



Single Leg Bridge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet on the floor. Lift one leg off the floor, bending your knee to a 90-degree angle.

Movement

Maintaining this position, engage your stomach muscles and slowly lift your hips up into a bridge position. Hold briefly, then lower back down and repeat.

Tip

Make sure to keep your stomach muscles engaged during the exercise. Do not let your back arch or your hips drop to either side.

STEP 1



STEP 2



Sumo Squat with Dumbbell

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a wide stance position with your feet slightly turned out to your sides, holding a weight in front of your body with both hands.

Movement

Lower into a squat position, then using your buttock muscles press back up to standing. Repeat.

Tip

Make sure to keep your torso upright and do not arch your low back during the exercise.

STEP 1



STEP 2



Lateral Single Leg Lunge Jumps

REPS: 10 | SETS: 2 | HOLD: 5 SECONDS | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position.

Movement

Alternate taking small hops from one foot to the other, then continue increasing the distance of each hop until they are jumps, landing on each leg in a lunge position.

Tip

Make sure to keep your weight in your heels, focus on making your landings as soft as possible, and maintain control during the exercise. Do not let your knee move forward past your toe as you land.