

KNEE JPAC EXERCISES WEEK 1

Knee Extension in Sitting



Description

1. Sit on a chair with your knees bent and your feet flat on the floor
2. Straighten one knee and hold
3. Lower the foot to the floor

Sets: 1-2

Reps: 20 reps

Tempo:

Knee Flexion In Standing With Chair



Description

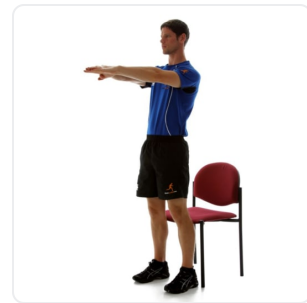
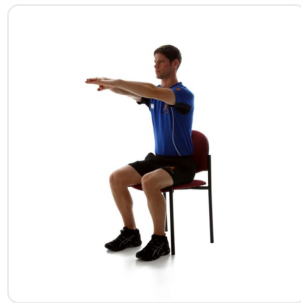
1. Stand holding a chair for support
2. Stand on one leg and bend the other knee
3. Raise the foot as close to the hip as possible
4. Lower the foot down

Sets: 1-2

Reps: 20 reps

Tempo:

Squat with Chair



Description

1. Sit on a chair with arms raised in front and feet flat placed shoulder width apart on the floor
2. Drive the hips up into standing
3. Lower the hips back to the chair

Sets: 1-2

Reps: 20 reps

Tempo:

Gastroc Heel Raise From Floor



Description

1. Stand and hold onto a support for balance
2. Raise both heels off the floor feeling the contraction in both calf muscles
3. Slowly lower the heels to the floor

Sets: 1-2

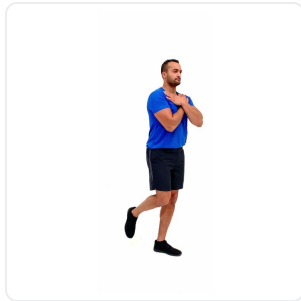
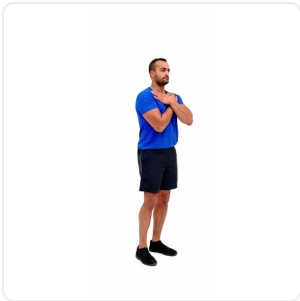
Reps: 20 reps

Weight:

Hold:

Tempo:

Single Leg Balance



Description

1. Stand on one leg and maintain your balance

Sets: 2-5

Time: 30-60sec

Squat Against A Wall



Description

1. Stand tall with your back against a wall
2. Place your feet slightly away from the wall about hip width apart
3. Slide the hips down the wall into a squat
4. Hold for the prescribed time then push through your feet to return to the start position

Sets: 1-3

Reps: 10-12

Tempo:

Standing Hip Abduction



Description

1. Stand holding a chair for balance and support
2. Raise one leg out to the side and hold for the prescribed time
3. Lower the leg down

Sets: 1-3

Reps: 10-15

Hold:

Tempo:

Standing Hip Extension



Description

1. Stand holding a chair for balance and support
2. Lengthen one leg behind you and hold for the prescribed time
3. Lower the leg down

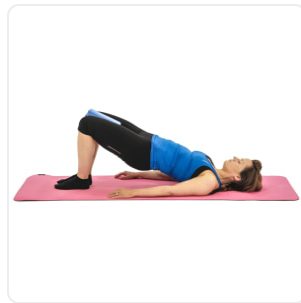
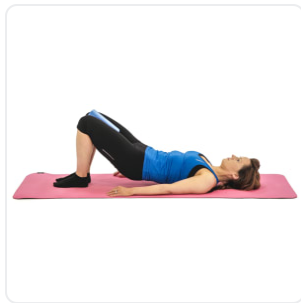
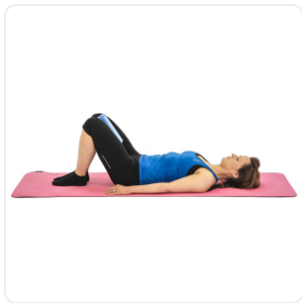
Sets: 1-3

Reps: 10-15

Hold:

Tempo:

Bridge



Description

1. Lay on your back with knees bent and inhale to prepare
2. Exhale and raise the hips off the floor then peel the spine off the floor
3. Inhale and hold this position on the shoulder blades
4. Exhales and lower the spine fluidly until the hips reach the floor

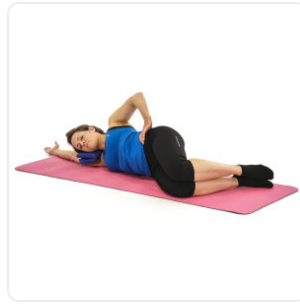
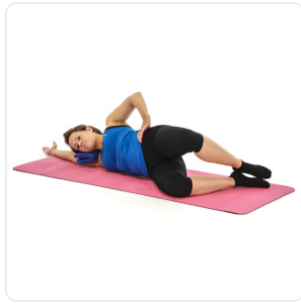
Sets: 1-3

Reps: 15-20

Hold:

Tempo:

Clam Level 1



Description

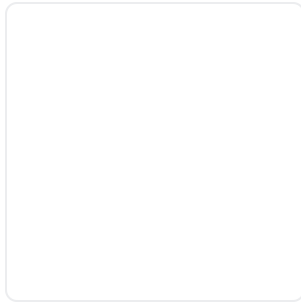
1. Lay on your arm in side-lying with the knees bent and hip flexed to 45 degrees
2. Inhale to prepare the abdomen and hips
3. Exhale and lift the top knee
4. Inhale and lower the knee

Sets: 1-3

Reps: 15-20

Tempo:

Hamstring Stretch



Description

1. Stand and raise one foot on a chair in front of you
2. Keep both legs straight and lean forward to reach the ankle on the chair

Sets: 2-3

Time: 30-60sec

Gluteal Stretch In Sitting



Description

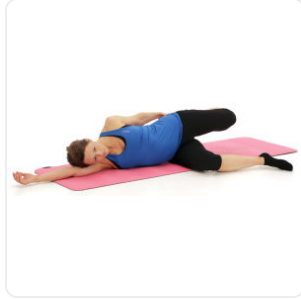
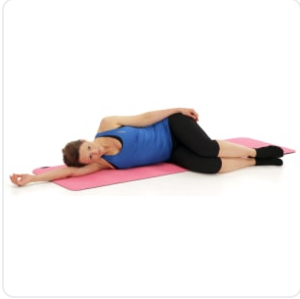
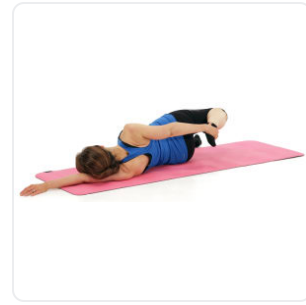
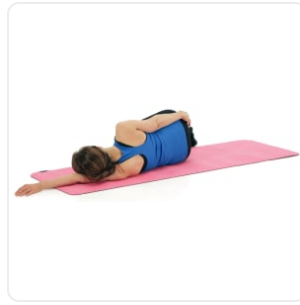
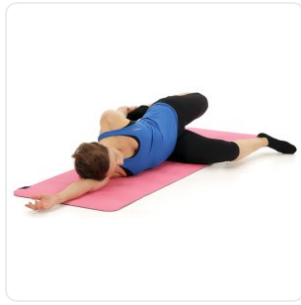
1. Sit tall with your ankle crossed over the opposite knee
2. Bend forward slightly and gently push on your knee to feel a stretch in the buttock
3. Hold for up to 4 breath cycles then repeat on the other leg

Sets: 1-2

Reps: 2-3

Time: 30-60sec

Quad Stretch in Side Lying



Description

1. Lie on your side with the knees bent
2. Hold the upper ankle with the upper leg & pull towards the hip
3. Push the hips forward to increase the stretch

Sets: 1-2

Time: 30-60sec