



Client ID: 210

Programme No: 86

Created Date: 24/02/2016 13:02:21



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Rep: Short for repetition is one performance of a single exercise.

If for any reason you are unable to complete the full program of exercises then do attempt to complete the highlighted exercises.

Tempo - It is the pace at which the exercise is performed and is usually communicated using three numbers in the format 3-30-3 for example.

Set: This is the performance of a number of exercises without stopping.

For a stretching exercise 3-30-3 would mean take 3 seconds to reach your final position, hold that position for 30 seconds and then take 3 seconds to return.

Rest: This is the number of seconds between Sets

**Name: Padraig Maher**

**Program:** Padraig as discussed last night the following exercises are the start to bring strength back into the knee. The next program I will give you will start to bring more dynamic strength and to begin jogging and return to training.

Medial Ligament Rehabilitation.

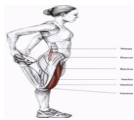
Program is designed to strengthen the VMO (muscle at the inside of the knee) to help stabilise the knee and prevent further injury.

**Description:**

Do these exercise in sequence as they are designed to inhibit (switch off) the outside quad muscles and focus on strengthening the inside quad muscle. Exercises 1 to 3 must always be done before progress to other exercises.

Also focus is given to strengthen the glutes to again provide stability from the hip.

These exercises must be done in the pain free range of motion as the ligaments are still healing.



**No. 1 Standing quad stretch**

Reps: 3 Intensity: Pain Free Tempo: 30 Seconds Rest: 10



**No. 2 Iliotibial Band Foam Roller**

Reps: 3 Intensity: Slow Movement Tempo: 60 Seconds



**No. 3 Quad Foam Roller**

Reps: 3 Intensity: Slow Tempo: 60 seconds Rest: 10



**No. 4 Glutes - Side Plank Hip Strengthening**

Reps: 6 Sets: 2 Tempo: Hold 10



**No. 5 Gluteal side-lying hip abduction**

Reps: 10 Sets: 2 Tempo: 1-3-1 Rest: 10



**No. 6 VMO - SEATED ISOMETRIC**

Reps: 4 Tempo: 10 seconds



**No. 7 VMO - FOAM ROLLER LEG EXTENSIONS**



**No. 8 VMO - PLIE KNEE BENDS**

Reps: 12 Sets: 3 Tempo: 2-1-2

Disclaimer: Please contact a medical professional before commencing an exercise program



**No. 9 VMO - BALL SQUATS**

Reps: 12 Sets: 3 Tempo: 2-1-2



**No. 10 VMO - SINGLE 1/4 LEG SQUATS**

Reps: 12 Sets: 3 Tempo: 2-1-2

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