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

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

Rest: This is the number of seconds between Sets

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.

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.

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.

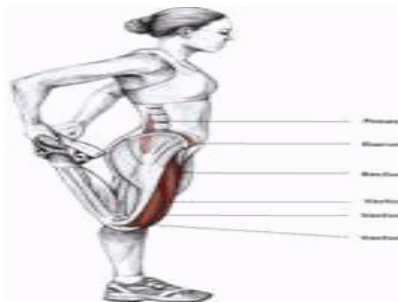
Program is designed to strengthen the VMO (muscle at the inside of the knee) to help stabilise the knee and prevent further injury.

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



Technique:

- Stand upright while balancing on one leg.
- Pull your other foot up behind your buttocks and keep your knees together while pushing your hips forward.

Tip: Hold on to something for balance.

Primary Muscles Being Used: Rectus femoris. Vastus medialis, lateralis and intermedius.

Equipment:

No. 2

Illotbial Band Foam Roller

Reps: 3 Intensity: Slow Movement Tempo: 60 Seconds

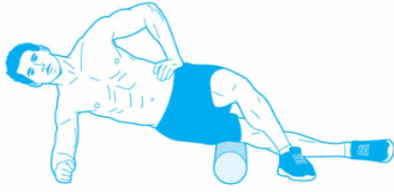
Technique:

- With the upper arms positioned against the preacher bench pad and the chest against it, hold the E-Z Curl Bar at shoulder length. This will be your starting position.
- As you inhale, slowly lower the bar until your upper arm is extended and the biceps is fully stretched.
- As you exhale, use the biceps to curl the weight up until your biceps is fully contracted and the bar is at shoulder height. Squeeze the biceps hard and hold this position for a second.

Tip:

Primary Muscles Being Used: Biceps.

Equipment:



No. 3

Quad Foam Roller

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

Technique:

- With elbows back to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder.
- Lower to original position and repeat with opposite arm.
- Continue to alternate between sides.

Tip: Don't allow Dumbbells to twist inwards.

Primary Muscles Being Used: Biceps.

Equipment: Dumbbells.



No. 4

Glutes - Side Plank Hip Strengthening

Reps: 6 Sets: 2 Tempo: Hold 10

Technique:

- With your side to the cable, grab the handle with one hand and step away from the tower. You should be approximately arms length away from the pulley, with the tension of the weight on the cable. Your outstretched arm should be aligned with the cable.
- With your feet positioned shoulder width apart, reach upward with your other hand and grab the handle with both hands. Your arms should still be fully extended.
- In one motion, pull the handle down and across your body to your front knee while rotating your torso. Keep your back and arms straight and core tight while you pivot your back foot and bend your knees to get a full range of motion. Maintain your stance and straight arms.
- Return to the neutral position in a slow and controlled manner

Tip: Engage obliques as you twist.

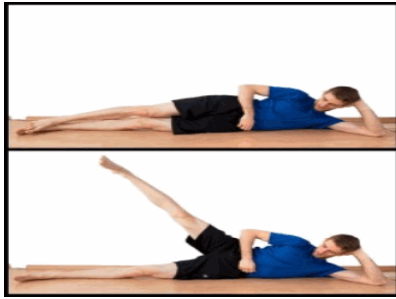
Primary Muscles Being Used: Obliques, Lats and triceps.

Equipment: Cable Machine.



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

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



Technique:

Tip:

Primary Muscles Being Used:

Equipment:

No. 6 **VMO - SEATED ISOMETRIC**

Reps: 4 Tempo: 10 seconds



Technique:

- Lean slightly forward and place your elbow on the inside of your knee. Let the arm hang down to start the exercise.
- Curl the dumbbell upwards towards your shoulder while keeping your upper arm still.

Tip:

Primary Muscles Being Used:

Equipment:

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



Technique:

- With elbows to sides, raise one dumbbell until forearm is vertical and thumb faces shoulder.
- Lower to original position and repeat with alternative arm.

Tip:

Primary Muscles Being Used:

Equipment:

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

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



Technique:

- With elbows to side, raise bar until forearms are vertical.
- Lower until arms are fully extended.

Tip:

Primary Muscles Being Used: Forearms and Brachii.

Equipment: Barbell.

No. 9 **VMO - BALL SQUATS**

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



Technique:

- Extend your arm and hold your hand palm up.
- Grab the fingers of one hand with the other hand and pull forward. This will stretch the muscles that are used to make a fist

Tip:

Primary Muscles Being Used: Brachialis, Brachioradialis, Flexors Radialis.

Equipment:

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

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



This can be a difficult exercise for some people. Make sure you are well balanced and use a railing, wall or broom handle for support if needed

- Stand with your feet hip width apart
 - Slowly raise one of your legs off the ground (bring your heel towards your bum)
 - Slightly point your toes out to the side (5-10 degrees)
 - Slowly push the knee out over the toes, concentrating on holding VMO. Also track your knee cap over your second toe and **don't allow you knee to cave in to the inside.**
 - When you reach the bottom of the movement, pull the leg back up using VMO
 - Maintain good hip alignment throughout and use a railing, wall or broom handle for support if balance is an issue
 - Start off with lower reps (6-8) making sure that you can feel VMO, and gradually increase the reps up to 12-15 as your strength improves
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