Standing Quadriceps Stretch (3 x 45 seconds)

- Stand next to wall, table or chair for support

- Hold ankle of involved leg behind you, pulling heel to buttock; keeping knees side by side

- Should feel a stretch of the upper front part of leg

- To intensify stretch, squeeze buttocks together during stretch

Sitting Hamstring Stretch (3 x 45 seconds)

- Sit with leg straight in front of you

- Keep back straight

- Lean forward, keeping back straight

- Should feel a stretch of the back of your upper leg

Gastrocnemius Stretch (3 x 45 seconds)

- Stand next to wall with involved leg behind other leg

- Keep heels on the ground at all times

- Lean forward keeping back leg straight

- Should feel a stretch of the back of lower leg/behind knee
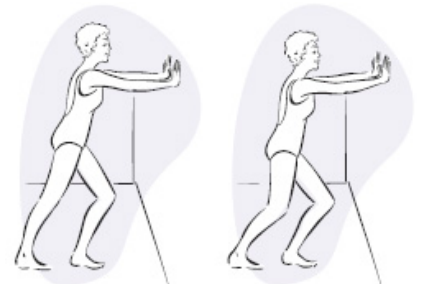
Soleus Stretch (3 x 45 seconds)

- Now, slightly bend the knee of involved leg

- Lean forward, keeping back knee slightly bent

- Should feel a stretch of the back of lower leg/Achilles area

Standing IT Band Stretch (3 x 45 seconds)

- Stand next to wall with involved leg behind stabilizing leg

- Keep involved leg straight

- Push hip towards the bottom of the wall

- Should feel a stretch from hip to knee in the involved leg

Glute Stretching (3 x 45 seconds)

- Lay on back with knees and hips bent at 90 degrees

- Cross involved leg over the other leg so ankle is resting on uninvolved knee

- Grab involved knee a gentle pull toward chest

- Should feel a stretch of hip/buttock area

Quad Set (3 x 25)

- Sit with leg straight in front of you

- Push back of involved knee down towards the ground

- Contract ("fire") the front of the upper leg

- Should feel the front of upper leg working

- Should see some muscle contraction ("firing")
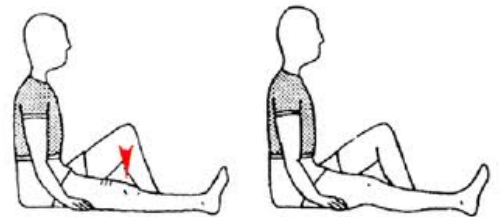
Single Leg Raise (3 x 15)

- Sit with leg straight in front of you

- Push back of involved knee down towards the ground

- Contract ("fire") the front of the upper leg

- Raise straight leg off the ground approximately 45 degrees

- Should feel front of leg/hip muscles working while slowly raising/ lowering leg
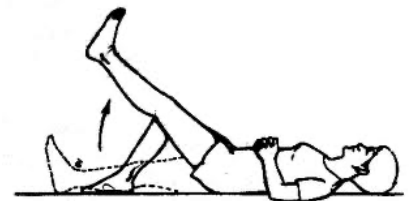
Side-lying Hip Abduction (3 x 15)

- Lay on non-involved side and slightly bend bottom leg for support

- Keep involved leg straight

- Raise straight leg; making sure outside of foot is towards ceiling

- Should feel muscles of outside hip working while slowly raising/lowering leg

Adapted from The University of Kansas Sports Medicine & Performance Center

Adductor Ball Squeezes (3 x 15)

- Lay on back with knees bent comfortably; feet flat on floor

- Place a pillow or ball between knees

- Squeeze the pillow or ball with knees and hold for 3 seconds

- Should feel the inner part of the upper leg working

Short-Arc Quads (3 x 15)

- Lay on back with a rolled towel under involved knee

- Extend leg until straightened, pushing knee into towel

- Hold for 2 seconds and lower leg to starting position
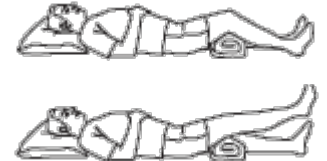
Wall Mini-squats (3 x 15)

- Stand against wall with feet approximately 18-20 inches from wall

- Feet shoulder width apart and back flat against wall

- Squat down with back against wall until knees are bent approximately 45-60 degrees

- Make sure knees do not go in front of toes while squatting

- Hold the squat position for 2 seconds

- Slide back up wall, pushing heels into the floor
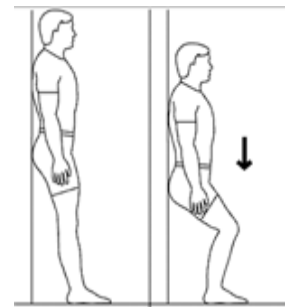
Single Leg Balance (3 x 30 seconds)

- Stand next to wall, table or chair for support if needed

- Stand on involved leg with uninvolved leg bent (knees side by side)

- Balance on leg, trying to hold for time

- Close eyes to make exercise more difficult if needed

* If any of the exercises above produce pain, please do not continue that particular exercise.

* Ice after you perform stretches/exercises to decrease any inflammation/discomfort.

Adapted from The University of Kansas Sports Medicine & Performance Center