



# Clinic Guides

## Knee Strengthening

### Double leg squat against wall

- Stand with back to wall and feet 18 inches apart, knees slightly bent
- Keep foot arches high
- Keep knees over feet
- Grasp ball between knee and slowly
- Slowly squat down to halfway then back to start position.
- Repeat slowly 10x.
- Work up to 3 sets of 20x, then increase depth of squat.

### Straight leg raises

- In upright sitting position on chair
- Raise one leg in front to 90° with foot pointing outwards
- Hold for 20 seconds.
- Repeat with other leg. Increase to 60 seconds each.

### Stair knee bends

- Stand sideways on step on right leg with left leg held parallel
- Bend right knee so that left foot reaches ground
- Return to starting position.
- Repeat 20x at steady pace.
- Repeat with left leg. Repeat 3 sets of 20x

### Balance and eccentric reach

See Achilles sheet

### Balance on tiptoes, one-legged, wobble board

### Squat reaches

- Start in semi squat position with feet 18 inches apart
- Hold weight in each hand with palms facing forwards at shoulder height
- Straighten knees and push up with arms simultaneously
- Bring hands back down
- Return to squat.
- Repeat at steady pace 20x. increase depth on squat as strengthen.

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