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Injury Profile: Knee for David Mallett
Last Updated: 23 Jul 2025

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Cautions



- Exercises should not cause pain
 - Mild discomfort from stretching/working muscles is ok but should not exceed 3 out of 10
 - If pain increases with exercises ease back effort or numbers of reps/sets of irritating exercises
 - If pain continues after easing back cease the aggravating exercise(s) and discuss with prescribing practitioner
 - If using resistance bands - take care to secure the band to prevent flick back injuries

Gluteal/Upper Hamstring Stretch



0:30 **1**
Hold **Sets**

- Lying on back pull thigh up to chest
- Stretch should be felt in upper thigh and gluteals
- Ensure non stretching leg is in neutral and not rotated out

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Hamstring Stretch - bent knee



0:30

Hold

1

Sets

- Start with knee bent & keep back straight
- Slowly extend the knee until a gentle stretch is felt in the back of the thigh
- Keep hips perpendicular to leg

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Long Calf Stretch



0:30

Hold

2

Sets

- Place the stretching leg behind
- Point foot straight ahead and keep the knee straight
- Lean forward keeping the heel on the ground to feel stretch in the calf

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Calf and Plantar Fascia Stretch



0:30

Hold

2

Sets

- Place toes up against wall or step
- Keep heel on the ground
- Lean forward into wall until stretch felt in back of calf

Knee Extension with Resistance Band



5
Reps

2
Sets

- Sitting on firm chair
- Loop the band around your ankle and the chair leg
- Keeping the back straight, lift your leg and straighten the knee
- Pause at top and slowly lower

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Inner Range Quadriceps- Split stance



5
Reps

2
Sets

- Standing with a resistance band around the leg just below the knee
- Contract the thigh muscles to straighten the leg
- Hold in this straight position for 2 seconds then relax and repeat

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Inner Range Quadriceps-from Flexion



10 **2**
Reps **Sets**

- With rolled towel behind knee
- Tense the thigh muscles and try to straighten the knee pushing the back of the knee down
- Hold and then repeat
- Tensing the other leg at the same time and pulling your toes back will help to initiate the muscles better

Watch Video

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider/therapist. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice and guidance from your provider if you experience any discomfort during this exercise routine.