



RISE PHYSICAL THERAPY

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Fayetteville, AR 72703

www.RisePTNWA.com



MDT Knee Extension Sitting

REPS: 10-15 | **SETS:** 1-2 | **HOLD:** 1-2 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Sitting in chair with heel on ground

Movement

- With both hands on the lower thigh just above the knee cap, press firmly downward with pressure directed towards the back of the knee.
- Careful not to press knee cap downward towards the foot.



MDT Hip Ext Lunge

REPS: 10 | **SETS:** 2 | **HOLD:** 1-5 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Kneel on the affected side with knee on pillow. Place hand behind affected hip as pictured

Movement

- Shift weight forward guiding the hip with hands until stretch is felt in front of hips.

Tip

- Maintain upright posture, do not lean forward.



MDT Knee Extension Standing

REPS: 10 | **SETS:** 2 | **HOLD:** 1-5 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Standing, with heel on elevated surface such as a curb, stool, or chair. (Can be performed with heel on floor as well).

Movement

- Bend forward placing hands just above the knee cap and press backwards towards the back of the knee.

Tip

- Careful not to push the knee cap towards the foot.



Prone Press Up

REPS: 10-20 | **HOLD:** 1-5 | **EVERY 3-5 HOURS:** 1 set | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

- Push against the floor with your hands, bending your back upward. At the top of the stretch, exhale all your air out of the lungs to allow the diaphragm to relax, intensifying the stretch.

Tip

- Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.



Standing Hip Hiking

REPS: 15 | **SETS:** 2 | **HOLD:** 1-5 | **WEEKLY:** 3x |

Setup

- Begin in a standing upright position with your hands on your hips.

Movement

- Raise one hip as high as you can, lifting your foot off the floor by squeezing your buttock, then lower it back down and repeat.

Tip

- Make sure to focus the movement on your hip. Activate your core muscles to keep your trunk steady.

Disclaimer: This program provides general exercises for the average runner. It does not take into account any personal differences, prior injuries, or current/past pains. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider. For more questions regarding what specific exercises may be most appropriate, please feel free to call or contact us to set up an evaluation and more personalized exercise program.



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STEP 1



STEP 2



Single Leg Squat with Chair Touch

REPS: 10 | SETS: 3 | HOLD: 1-5 | WEEKLY: 3x |

Setup

- Begin in a standing upright position in front of a chair.

Movement

- Lift one leg off of the ground and lower yourself into a squatting position, bending at your hips and knees until you lightly touch the chair. Return to a standing position and repeat.

Tip

- Make sure to maintain your balance during the exercise and do not let your knee bend forward past your toes.

STEP 1



STEP 2



Soleus Stretch on Wall

REPS: 3 | HOLD: 30 sec | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

- Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



Forward Monster Walks

REPS: 10 | SETS: 2 | HOLD: 1-5 | WEEKLY: 3x |

Setup

- Begin in a standing upright position with a resistance band looped around your ankles.

Movement

- Slightly bend your knees into a mini squat position. Step diagonally forward with one foot, then slowly bring your feet together. Repeat in the opposite direction.

Tip

- Make sure to keep your chest upright and do not bend your knees forward past your toes.

STEP 1



STEP 2



Side Stepping with Resistance at Feet

REPS: 10 | SETS: 2 | HOLD: 1-5 | WEEKLY: 3x |

Setup

- Begin in a standing position with a resistance loop secured around the ankles. Bend your knees slightly so you are in a squatting position.

Movement

- Slowly step sideways, maintaining tension in the band.

Tip

- Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

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