

medi

# Pes anserinus syndrome

Therapy-supporting exercises

Please consult your doctor or therapist in advance.

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### 1. Cycling with one leg

3 x 20 sec. 60 sec. rest

#### Aim

- Warm-up

#### Starting position

- Lying with your lower back on the floor, propped up on your forearms

#### Exercise

- Bend the right leg and bring it upwards
- Circular movements with the right leg (pedalling in the air)
- Repeat the exercise with the left leg
- ✓ Keep the lower back on the floor



### 2. Activation of the pes anserinus group

10-15 reps

#### Aim

- Strengthening of the pes anserinus tendon muscles group

#### Starting position

- Tie the band around the leg of a table
- Slip your heel into the band
- Stand up straight, offset from your standing leg, in front of the table with your legs hip-width apart, supporting yourself on the table, if necessary
- Slightly bend the knee of the leg in the loop

#### Exercise

- Extend the leg out behind you with the heel pointing upwards and inwards (towards the opposing shoulder)
- ✓ Perform the exercise in a slow and controlled manner
- ✓ Keep your torso straight, produce the movement using only your hips and knees



### 3. Bridging with Physioband

10-15 reps

#### Aim

- Strengthening the posterior thigh muscles (ischial muscle)

#### Starting position

- Tie the Physioband into a loop and wrap it around the thigh, just above the knee
- Lie on your back
- Bend your legs – keeping your legs hip-width apart. Important: keep the band under slight tension

#### Exercise

- Lift the pelvis into a bridge position, keeping your knees hip-width apart
- Slowly lower your pelvis to the floor again while keeping the band under tension
- ✓ Perform the exercise in a slow and controlled manner



### 4. Knee flexing with Physioband

3 x 15 reps

#### Aim

- Strengthening the anterior thigh muscles (quadriceps)

#### Starting position

- Tie the Physioband into a loop and wrap it around the thighs, just above the knee
- Stand with legs hip-width apart

#### Exercise

- Push your buttocks out behind you and go into a low squat position
- While doing so, push your knees outwards against the resistance of the Physioband
- Keep your weight on your heels and centred through your torso
- Return to the starting position
- ✓ Perform the exercise in a slow and controlled manner
- ✓ Make sure to maintain the tension in your torso throughout



### 5 a. Stretching in a standing position

3 x 45 sec. hold 60 sec. rest

#### Aim

- Stretching the inner thighs (adductors)

#### Starting position

- Standing with legs wide apart

#### Exercise

- Shift your weight onto one side while bending the knee of the same side, keeping the other leg extended
- ✓ Important: Keep your torso straight
- ✓ Perform the exercise one leg at a time



### 5 b. Stretching in a sitting position

3 x 45 sec. hold 60 sec. rest

#### Aim

- Stretching the posterior thigh muscles (ischial muscle)

#### Starting position

- Sit on the floor
- Extend one leg out in front of you, keeping the other leg bent at the knee so that its sole touches the inner thigh of the extended leg

#### Exercise

- Now move your upper body in the direction of the extended leg
- Perform the exercise with one leg and then the other

You will find a video tutorial of the exercises at [medi.biz/PA](https://medi.biz/PA)





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