

medi

Knee instabilities

Therapy-supporting exercises

Please consult your doctor or therapist in advance.

medi. I feel better.



1. Cycling with one leg

3 x 20 sec. 60 sec. rest

Aim

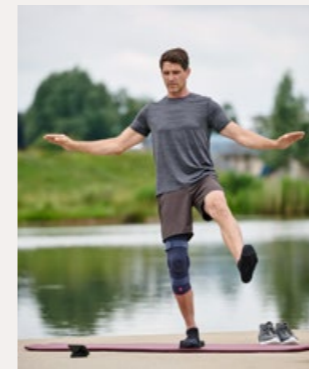
- Warm-up

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)
- ✓ Keep the lower back on the floor
- ✓ Repeat the exercise with the left leg



2 a. Trace a figure 8 – beside your body 2 b. Trace a figure 8 – in front of your body

5-10 reps

Aim

- Stability / coordination

Starting position

- Place the two mediblox next to each other as a support
- Stand upright on one leg
- Slightly bend the knee of your standing leg for a secure and stable starting position

Exercise 2 b.

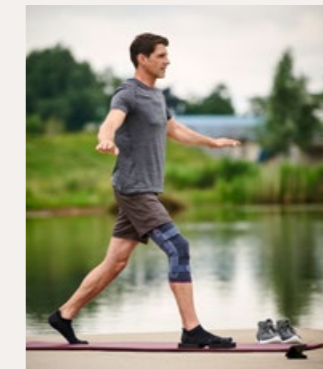
- Now trace a figure of 8 shape in front of your body with your free leg
- ✓ Perform the exercise with one leg, then the other

Variation

- Easier: stand on a stable surface throughout the exercise

Exercise 2 a.

- Now trace a figure of 8 shape to the side of your body with your free leg



3. Lunge

3 x 10 reps

Aim

- Strengthening the anterior thigh muscles (quadriceps)

Starting position

- Stand with one foot on the mediblox
- Perform a wide backwards lunge with the other foot so that the heel of the rear leg is not touching the floor
- ✓ Stay upright and keep your back straight

- Then slowly raise your body
- ✓ Perform the exercise in a slow and controlled manner
- ✓ Perform the exercise with one leg, then the other
- ✓ Your knee remains directly over your front foot; do not push your knee forward beyond the tips of your toes

Exercise

- Now slowly lower your rear knee towards the floor

Variation

- Easier: perform the exercise on a flat, stable surface, without mediblox



4. Bridging

3 x 10 reps

Aim

- Strengthening the posterior thigh muscles (ischial muscle)

Starting position

- Lying on your back
- Position both of your heels on the mediblox

Exercise

- Tense your buttocks and pull your abdomen towards your spine
- Now raise your pelvis upwards towards the ceiling

- Now slowly bring your pelvis back down
- Then slowly raise your pelvis again
- ✓ Ensure you maintain the right distance between your heels and your buttocks
- ✓ When your pelvis is raised, the angle of your knee should be about 90°

Variation

- Easier: perform the exercise on a flat, stable surface, without mediblox



5 a. Stretching the quadriceps

2 x 45 sec. 60 sec. rest

Aim

- Stretching the anterior thigh muscles (quadriceps)

Starting position

- Stand with legs hip-width apart

Exercise

- Grasp the ankle of one leg and pull it towards your buttocks
- Throughout the exercise the thighs are parallel to one another
- ✓ Perform the exercise with one leg, then the other
- ✓ If necessary, use a wall for support



5 b. Ischial muscle stretching

2 x 45 sec. 60 sec. rest

Aim

- Stretching the posterior thigh muscles (ischial muscle)

Starting position

- Stand upright
- Bend one knee slightly, stretching the other leg while planting your heel on the floor

Exercise

- Keeping your back straight, bend forwards until you feel a stretch along the back of your thigh muscles

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You will find a video tutorial of the exercises at medi.biz/pro





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better.

