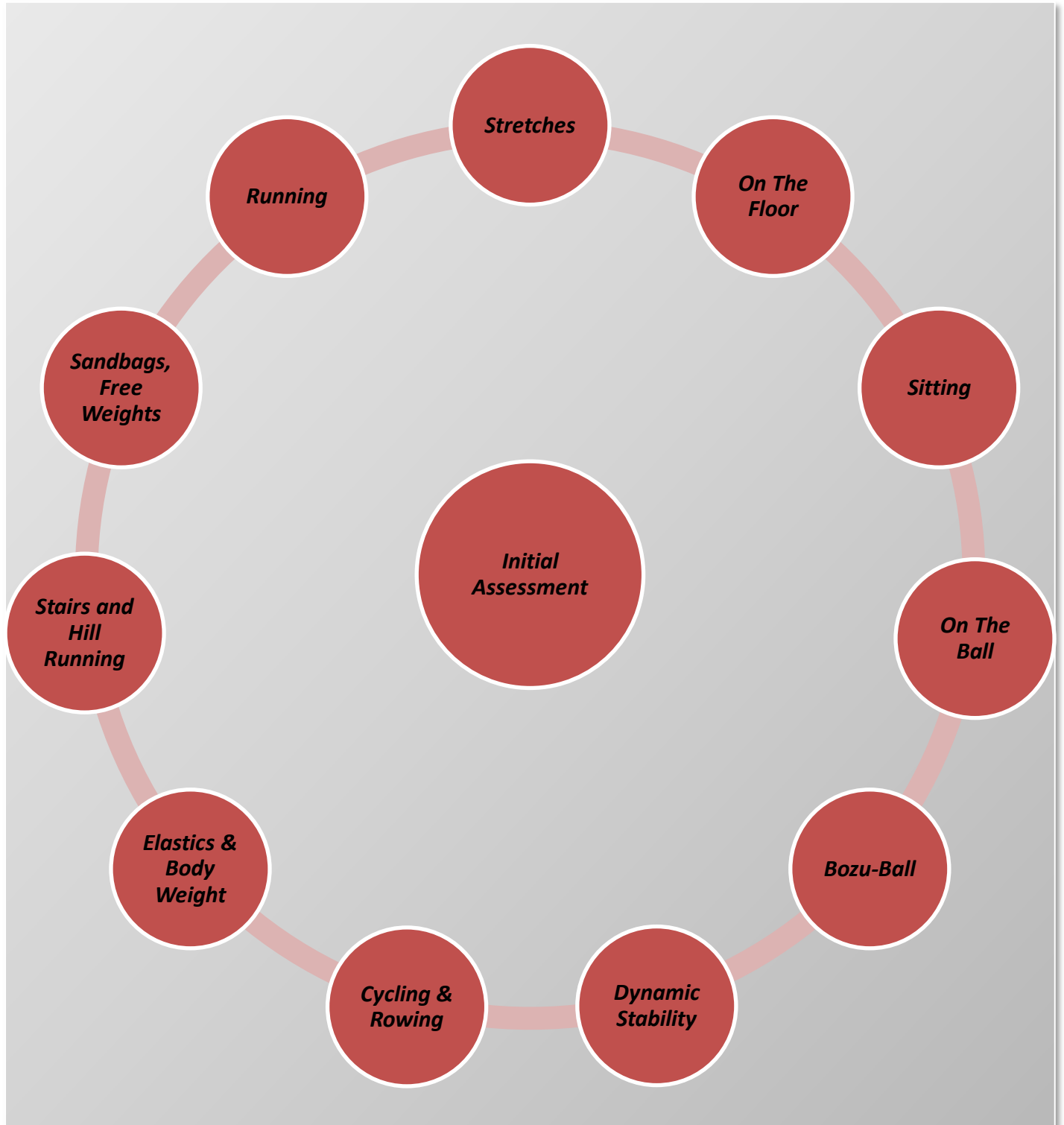
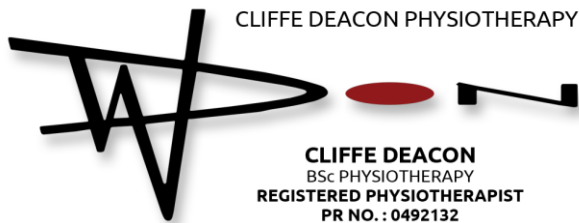


REHABILITATION: QUADRICEPS INJURIES





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Initial Assessment:

It is always important to make sure that before you start with your rehabilitation exercises, you are certain of the following:

- Rehabilitation should always be done pain free, or worst case scenario – slight discomfort.
- There is full range of motion. If not, make sure that the rehab you are doing, is only in the pain free range of motion.
- Make sure that not just the symptoms are treated, but also the origin of the problem. Sometimes the rehabilitation is part of treating the origin of the problem.
- Make sure the biomechanics and the correct firing patterns are present. If not, it must be done as the initial part of the rehab program.

Stretches:

Stretching is ALWAYS left behind when athletes are training – make sure that you stretch before and after training!!

For hamstring-rehabilitation, make sure that the following structures are stretched:

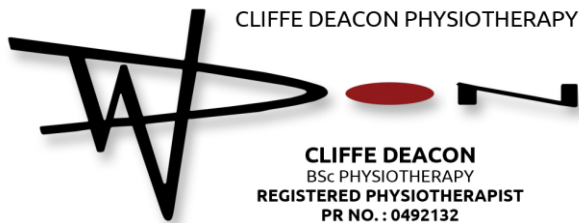
- Lower back
- Gluteal Muscles
- Hip Flexors
- Adductor Muscle Group
- Quadriceps Muscle Group
- Hamstring Muscle Group
- Calves

Rehabilitation Exercises:

The following exercises can and must be used in the rehabilitation of Hamstring injuries. As a therapist and/or trainer, you will get a feeling by means of constant subjective and objective evaluation as to when and where to progress through the rehabilitation program and process.

Please make sure that a daily assessment is done to make sure of the following:

- Was the previous session - Adequate
- Was the previous session - Too Much
- Was the previous session - Too Little
- What should change in this session
- When should the client progress
- What progression should be done



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On The Floor:

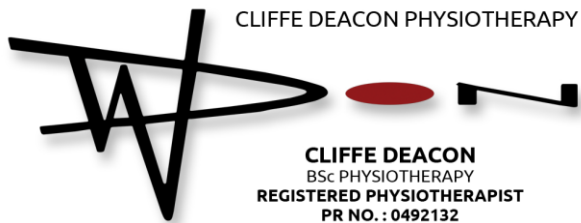
- VMO Activation
- Knee Extensions
- Knee Extensions with Straight Leg Raise
- Straight Leg Raise with External Hip Rotation
- Prone Knee Extensions
- Segmental Bridging
- Two Legged Bridge
- Single Leg Bridge
- Single Leg Bridge with Rotation
- Clams in Side Lying
- GlutMed Burnouts in Side Lying
- GlutMed Burnouts in Side Lying at 45 Degrees
- Side Bridging
- Side Bridging with Clams
- Plank – Partial Weight Bearing
- Plank – Full Weight Bearing
- Plank – Single Leg

Sitting:

- Firstly on a Stable Base and then The Ball
- VMO Activation
- Medicine Ball Squeeze
- Medicine Ball Squeeze Stand-Up/Sit-Down
- Knee Extension
- Knee Extension/Straight Leg Raise Combo
- Single Leg Stand-Up
- Single Leg Stand-Up with Medicine Ball Squeeze

On The Ball:

- Wall Squats
- Squat and Hold with Physio Ball
- Single Leg Wall Squat
- Double Leg Wall Squat with Medicine Ball Squeeze
- Single Leg Wall Squat with Medicine Ball Squeeze
- Two Legged Bridge- Straight Legs
- Single Leg Bridge – Straight Leg
- Two Legged Bridge – Bent Knee
- Single Leg Bridge – Bent Knee
- Two Legged Bridge with Curl
- Prone Knee Extensions with Feet on Ball
- Pikes
- Hip Thrusts



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Bozu-Ball:

- Squats
- Alternating Leg Lunges
- Squat Stance
- Single Leg Squats
- Alternating Leg Plank
- Alternating Leg Explosive Plank

Dynamic Stability:

- Triangles
- Pipe Work
- Rotating Disc Work
- Wobbler Work

Cycling:

- 40min Interval Session – Speed
- 40min Interval Session – Resistance
- 40min Increased Resistance Session

Rowing:

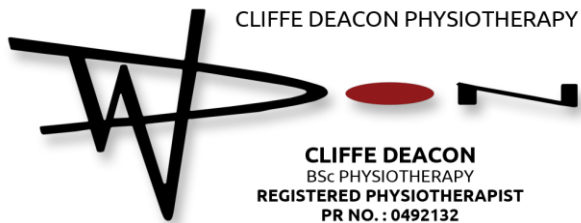
- Interval Rowing – 1:1 Rowing and Resting, working towards 4:1 ratio
- HIIT
- Pyramid Sessions

Elastics & BodyWeight:

- Squats
- Duck Squats
- Step Ups/Step Downs
- Lunges/Walking Lunges
- Physioball Hip Thrusts
- Clams
- GlutMeds Burnouts
- GlutMeds Burnouts at 45 Degrees
- Side Bridging with Clams
- Single Leg Rotating Squats
- Sitting Quadriceps Wobbles

Hill Running and Stairs:

- Always start at the bottom
- Forward/Walk Down Backwards
- Forward/Forward – jog down if pain allows



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Sandbags/Weight Training:

- Good Mornings
- Bent Leg Good Mornings
- Squats
- Duck Squats
- Good Morning/Squat Combination
- Step Ups/Step Downs
- Lunges
- Reverse Lunges
- Side Lunges
- Side Lunges with Rotation
- Single Leg Squats
- Double Leg Duck Feet Leg Press
- Single Leg Duck Foot Leg Press
- Double Leg Leg Press
- Single Leg Leg Press
- Hanging Hip Thrust

RUNNING

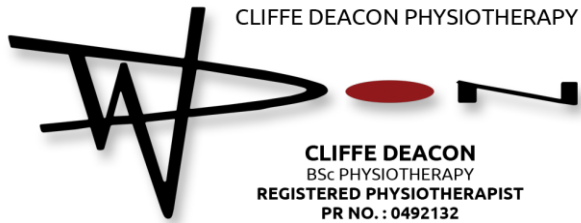
BaseLine Running:

Build-Up Sessions:

- 80m: 20%-40%-60%-80%
- 60m: 30%-60%-85%
- 50m: 40%-85%
- 40m: 50%-90%
- 30m: 50%-95%
- 20m: 60%-100%

Stop-Start Running:

- Walk/Stop
- Jog/Stop
- Sprint/Stop
- Accelerate/Decelerate



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Hill Running and Stairs:

- Always Start at the Bottom
- Forward/Forward/Back/Forward
- Back/Back/Forward/Back
- Forward/Forward/Back/Back
- Forward/Back/Forward/Back
- Back/Forward/Back/Forward

Sprint Repeat:

- 60m/50m/40m
- 10m/10m/10m/walk/60m
- 5m/5m/5m/walk/40m

Agility:

- T-Test
- Zig-Zag Forwards/Backwards
- Zig-Zag Sideways
- Zig-Zags in Front of Cones
- Z-Drills
- Illinois Test
- Ladder Drills
- Ladder Drills/Sprint Combinations
- Ball Drills in Square
- Evations in Square