

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

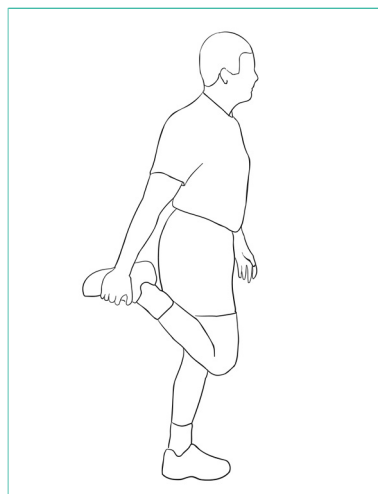
## Home Exercise Program for Plica Syndrome

- Perform the exercises in the order listed.
- Gentle quadriceps and hamstring stretching should be performed first.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the injured side of the knee for 20 minutes or until numb after completing the exercises. You should experience improved range of motion and less pain in your knee.
- If the pain does not change or becomes worse, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Standing quadriceps stretch	Quadriceps	10 to 20 repetitions/2 to 3 sets	4 to 5 days	3 to 4 weeks
Supine hamstring stretch	Hamstrings	Hold for 30 to 60 seconds/2 to 3 sets	4 to 5 days	3 to 4 weeks
Straight-leg raises	Quadriceps	Work up to 10 repetitions/3 sets	Daily	3 to 4

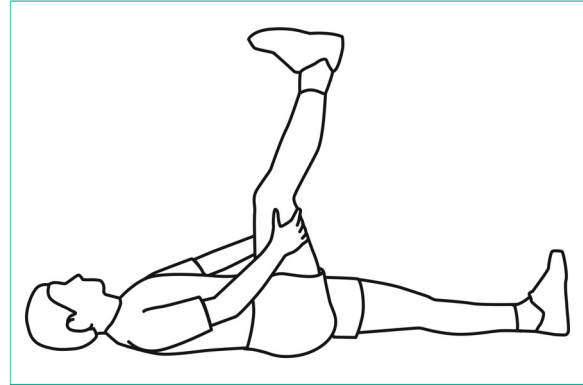
### *Standing Quadriceps Stretch*

- Stand supported.
- Bend your knee up toward your buttock and grasp your ankle.
- Pull up gently and hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.
- Perform 2 to 3 sets, 4 to 5 days a week, continuing for 3 to 4 weeks.



### *Supine Hamstring Stretch*

- Lie on the floor with one leg straight and one leg bent. Clasp your hands behind the thigh of the bent leg, near the knee.
- Straighten the leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull the leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.
- Perform 2 to 3 sets, 4 to 5 days a week, continuing for 3 to 4 weeks.



### *Straight-Leg Raises*

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Work up to 3 sets of 10 repetitions daily, continuing for 3 to 4 weeks.

