

Osgood Schlatter's Disease/ Patellar Tendinitis Exercises



Lie on your back with one leg straight and the other leg bent.

Exercise your straight leg by pulling the toes up, keeping the knee straight and lifting the leg 6-8 inches off the bed. Hold for approximately 5 secs. Be sure to completely relax between repetitions.

Repeat 3 sets of 10 repetitions.

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Lie on your side with your knees bent.

Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise.

Repeat 3 sets of 10 repetitions.

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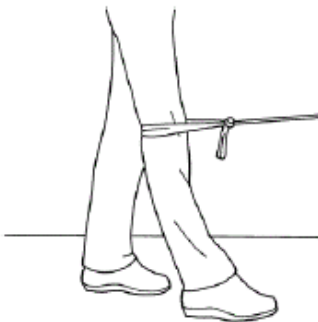


Stand holding onto a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold
20 secs.

Repeat 3 times.

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Stand with one leg slightly bent and forward. Put a rubber exercise band around the back of your knee.

Tighten your thigh muscles and straighten the knee.

Repeat 3 sets of 10 repetitions.

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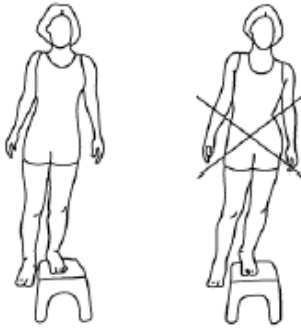


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Stand with the leg to be stretched on a footstool.

Flex your ankle and push the heel towards the footstool keeping your knee straight. Hold approx. 20 secs. - relax. Then bend your upper body forward from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Repeat 3 times.



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Stand with one foot on a step. Bend the knee so that the other leg lowers to the floor.

Stabilization: Tighten abdominals. Keep body weight directly over the leg you are standing on.

Repeat 3 sets of 10 repetitions.



Fill a small paper or styrofoam cup about two-thirds full and put it in the freezer until it is solid. To use the ice cup, peel off the top of the cup so about ~1 inch of ice is showing. The remaining part of the cup is for you to hold on to.



KEEP ICE CUP MOVING (to avoid ice burn!). Rub the ice in small circles over the affected area. If the ice melts such that the cup is touching your skin, peel more cup off. **CONTINUE FOR ONLY 3-5 MINUTES.** You can do ice massage 2-3 times per day but you must wait at least an hour between treatments.