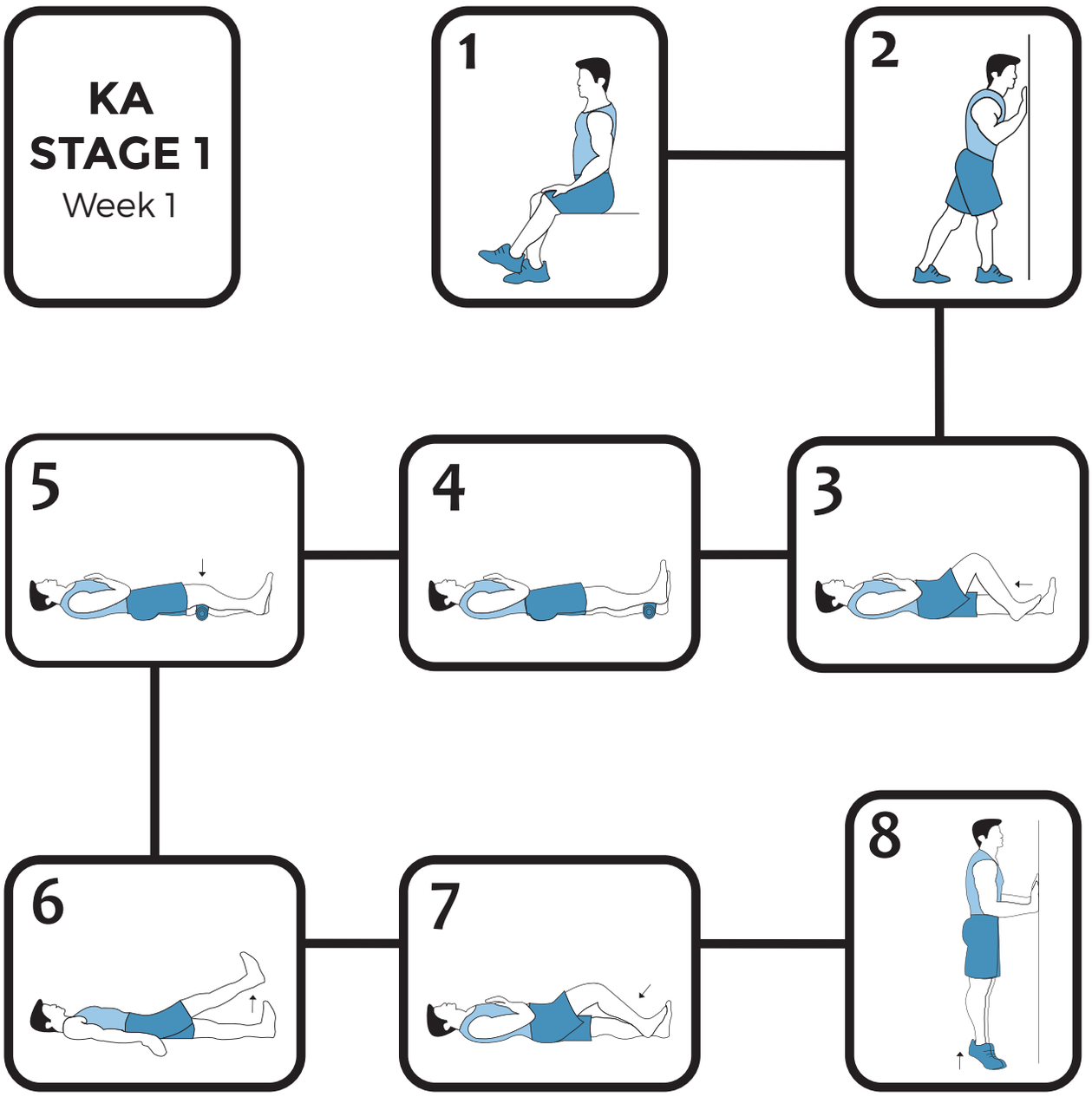
KNEE ARTHROSCOPY SUMMARY

CO.RE



1 Drop and Dangle
2 Calf Stretch
3 Heel Slide - Lying
4 Heel Prop
5 Quads Setting
6 Straigh Leg Raise
7 Static Hamstring - Lying
8 Heel Raises - Double Leg

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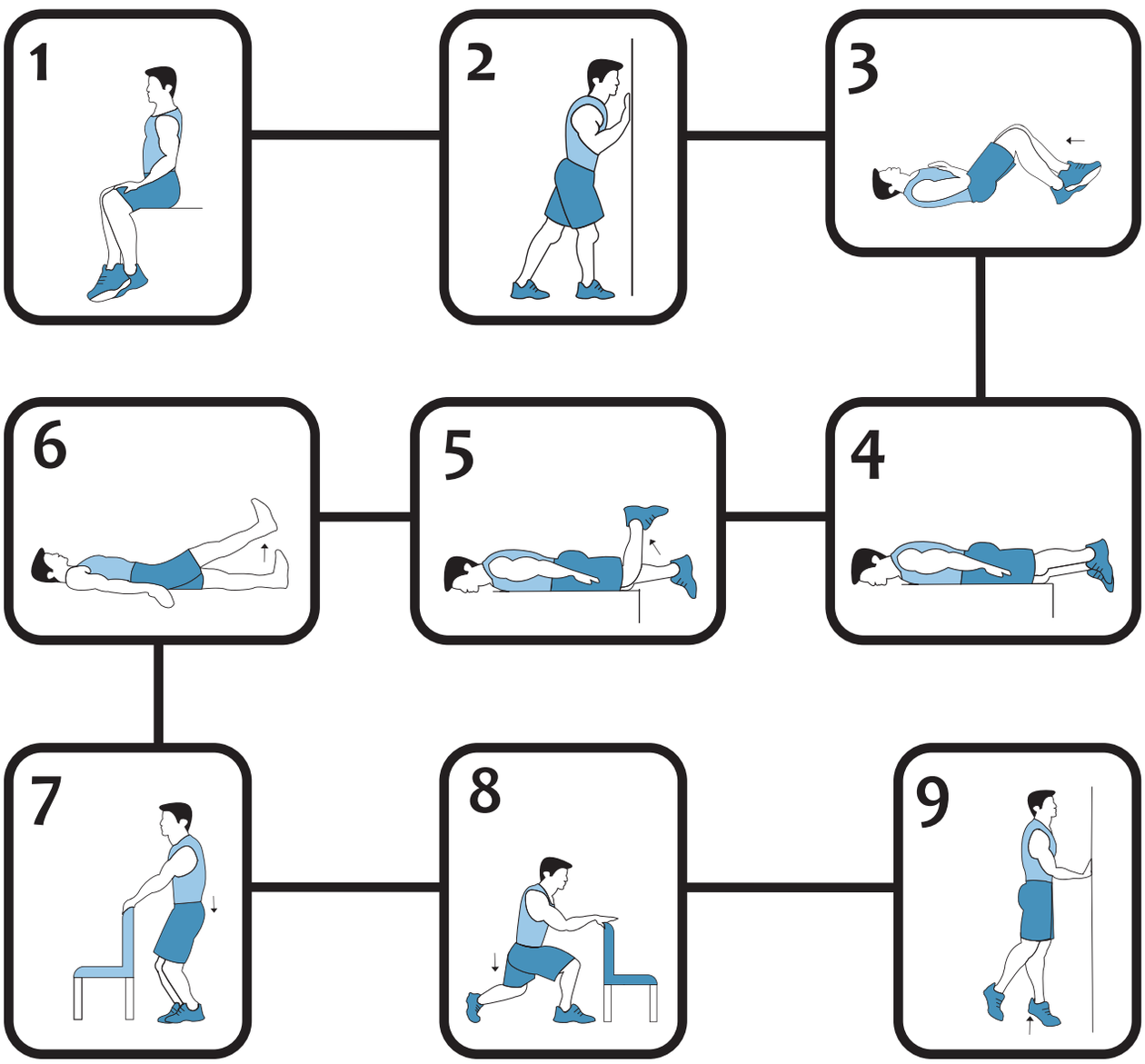
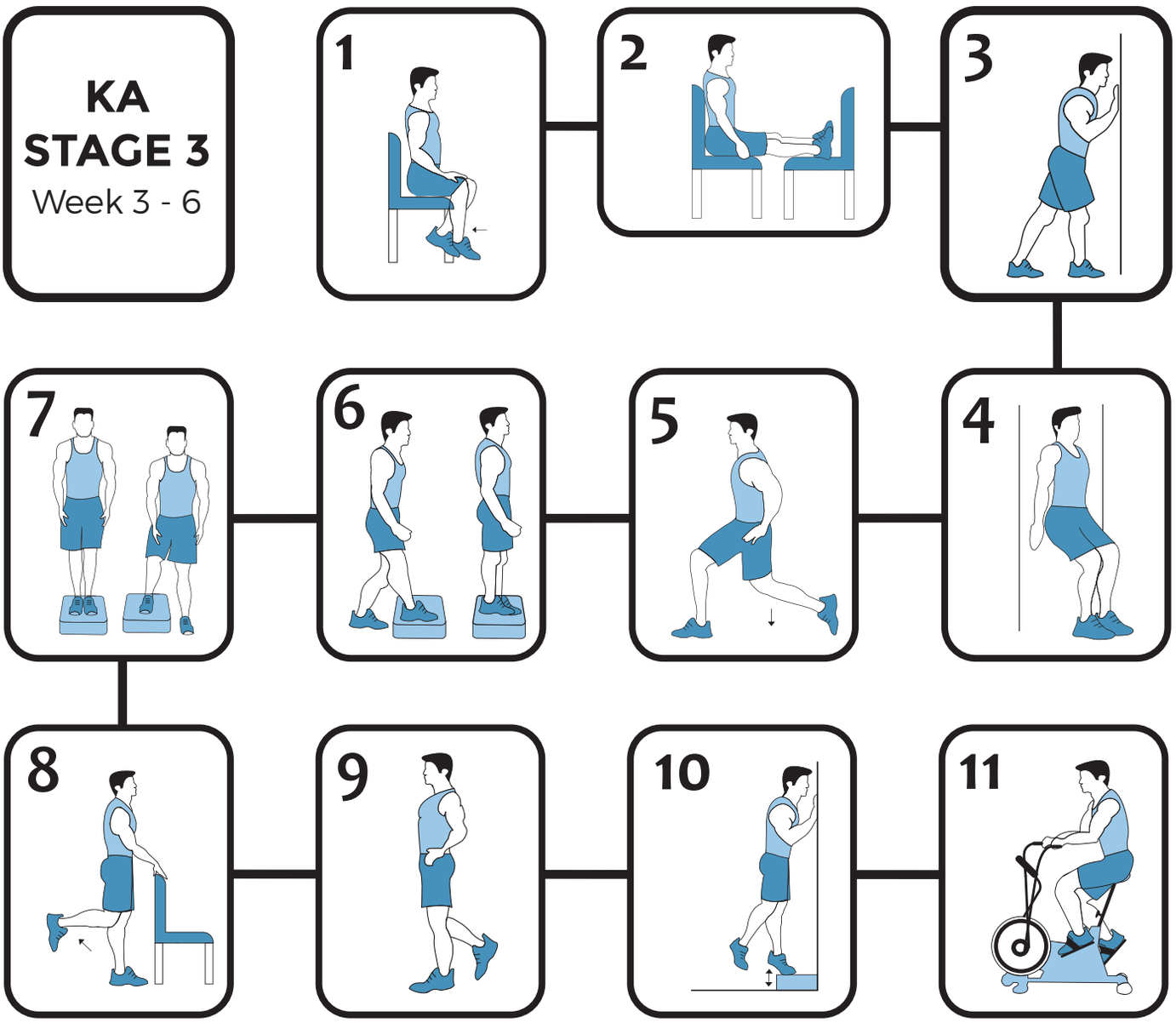
STAGE 2
Week 2



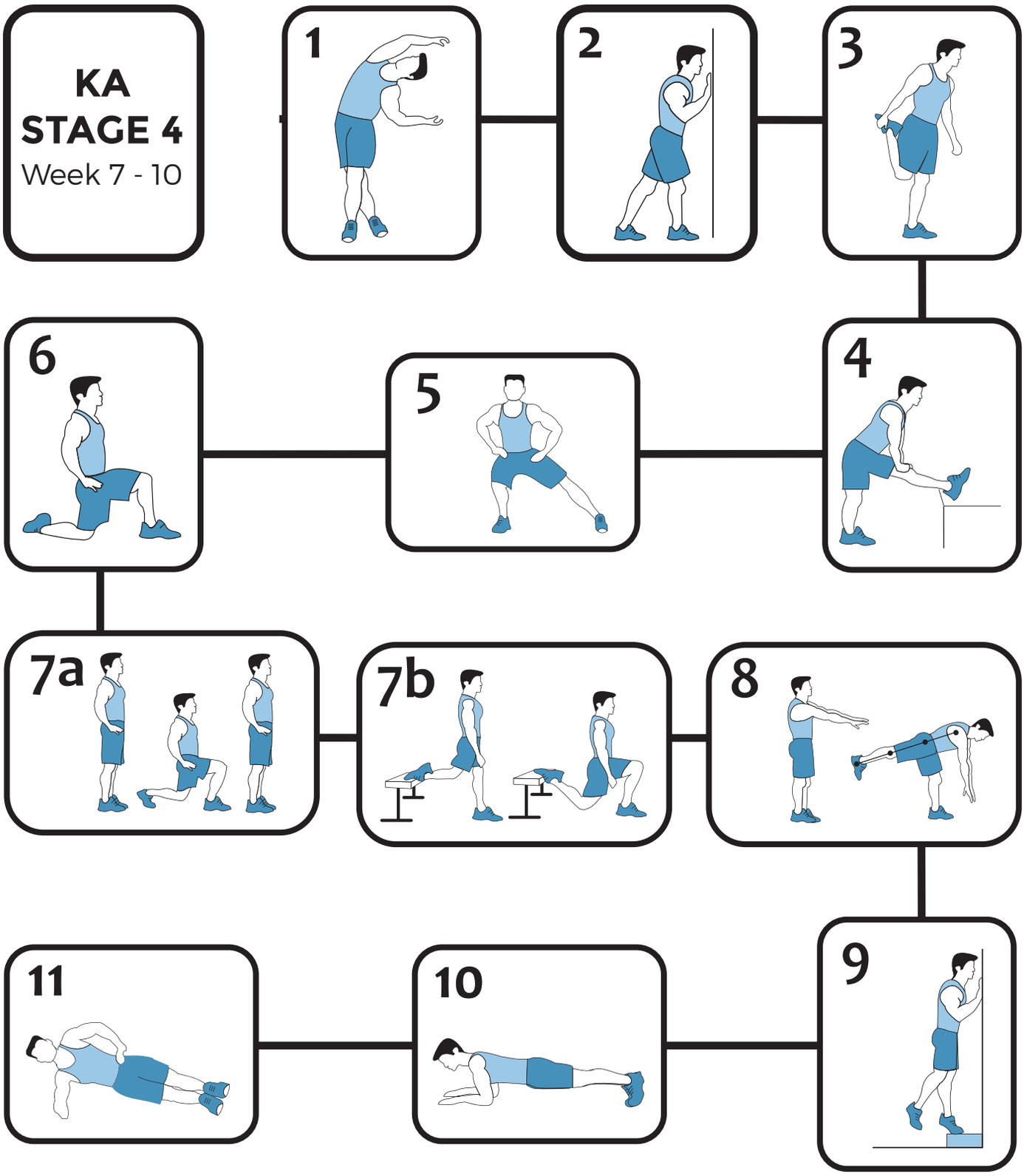
1 Drop and Dangle - Assisted
2 Calf Stretch
3 Lying Heel Slides - Assisted
4 Prone Hang
5 Prone Hamstring Curls
6 Straight Leg Raises
7 One Quarter Squats
8 One Quarter Lungs
9 Heel Raises - Single Leg



1 Knee Flexion - Assist
2 Heel Prop - Seated
3 Calf Stretch
4 One Quarter Wall Squat
5 One Quarter Lung
6 Step Up
7 Side Steps
8 Hamstring curls
9 Single Leg Balance
10 Single leg heel raise- step
11 Exercise bike

KA STAGE 4

Week 7 - 10



1 ITB Stretch
2 Calf Stretch
3 Quadricep Stretch
4 Hamstring Stretch
5 Hip Adductor
6 Hip Flexor Stretch

7a Lunges - Walking
7b Bulgarian Split Squats
8 Romanian Deadlift
9 Single leg heel raise - Step
10 Bench
11 Side Plank

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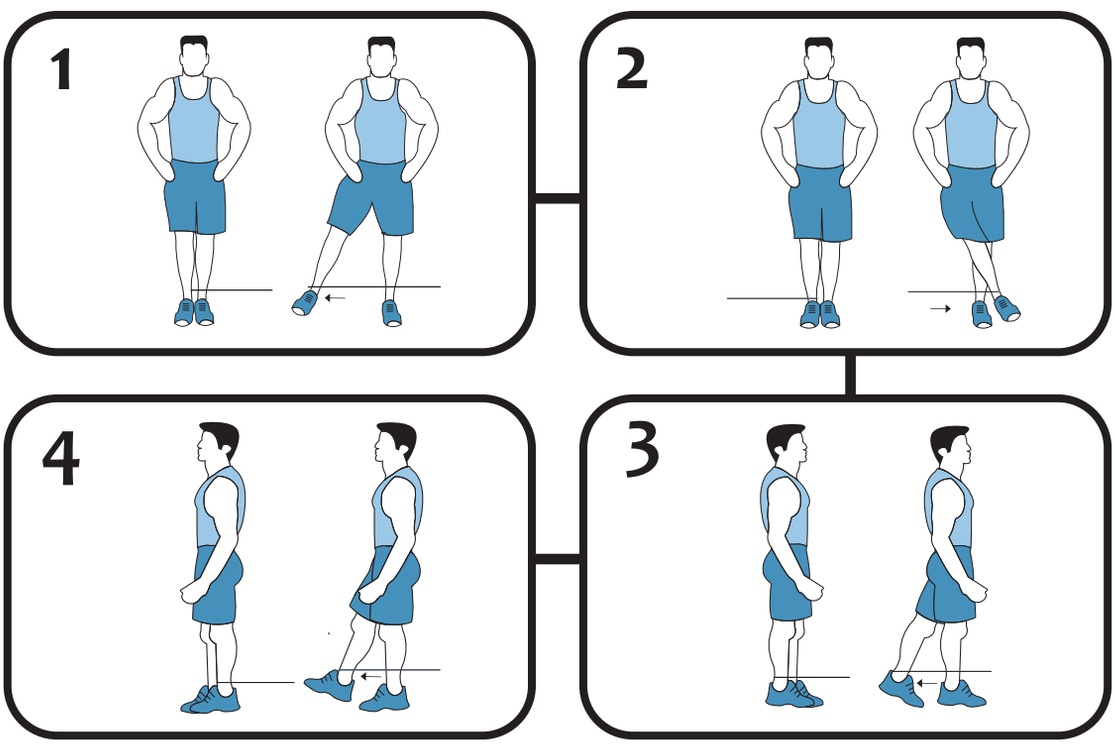
STAGE 4
Theraband Hip Exercises



1 Therabands – hip – abduction
2 Therabands – hip – adduction
3 Therabands – hip – extension
4 Therabands – hip – flexion

BAND STRENGTHS

- Yellow - Easy
- Red - Light
- Green - Medium
- Blue - Hard