

Breastroker's Knee Rehabilitation

This exercise programme has specific exercises to strengthen the muscles around your hip and thigh. Stretches are included to release tight hip muscles and improve mobility in your hip. These exercises and stretches will help improve muscle strength and mobility from the hip down, which helps to 'offload' your knee during the breaststroke kick. To get the best benefit, you must perform the exercises with good technique, positioning

and alignment. Do them slowly and correctly. Poor practice can lead to strain and injury. These exercises may be adjusted to your specific needs. As you improve other exercises may be added for progression. Your physical therapist will guide you through this. If at any time you feel pain or discomfort consult your physical therapist so they can adjust the rehabilitation programme, rather than simply stopping it all together.

Lateral Walk with Exercise Band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position. Perform both sides.

SETS 1

REPS 3



Video:

<http://youtu.be/i0w7KczRvkk>


Sit-Down Squat with Band

Place your feet shoulder width apart, or just outside shoulder width. Tie an exercise band around your knees keeping it quite tight. Stand in front of a chair, and slowly bend your knees. Maintain a good curve in your lower back, and control sitting down onto a chair. To stand up, do the opposite. Maintain a good spinal curve in your lower back, and push upwards through your legs to straighten your knees into a standing position.



SETS 3

REPS 10



Video:

<http://youtu.be/CkeKtaK7Peg>

Hip Mobilisation Lying

Lie face down, and bend your knees to 90 degrees. Keep your feet together, and drop your feet outwards, and then cross them inwards, as far as feels comfortable. This is a mobility exercise for your hip joints.



SETS 3

REPS 10



Video:

http://youtu.be/RAMZ0Q_wF5s

Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Only go as far as feels comfortable. Perform lunges on alternating sides.



SETS 3

REPS 10



Video:

<http://youtu.be/xASFze7P-Fs>

Hip Flexor Stretch

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding. Hold for 30 seconds. Perform both sides.



SETS 1

REPS 3



Video:

<http://youtu.be/sDn-UtqdX58>

Leg Lift Knee Flexed Prone

Lift your leg behind you, making sure you keep your knee bent. You can either hold this position as a sustained hold, or move your leg up and down. This exercise predominantly strengthens your gluteal (buttock) muscles, but also your lower back muscles on the side you are lifting. Perform both sides.



SETS 3

REPS 10



Video:

<http://youtu.be/UudoV5OHvac>

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