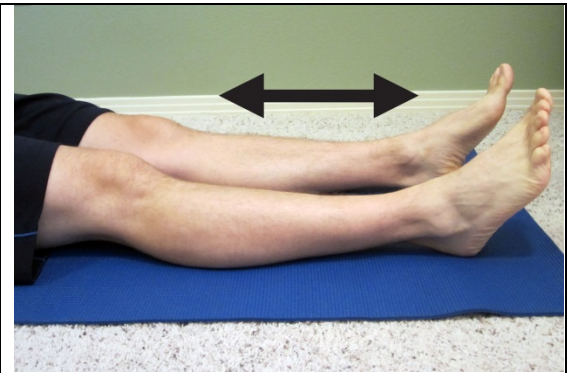


Osgood-Schlatter Disease Rehabilitation Exercises

Heel Slides - Stage 1

Start by lying on your back. Slowly extend the affected leg out straight if possible. If the knee feels stiff as it **straightens**, go slowly and work toward regaining full knee extension (straightening). This may take several days depending on pain and swelling. The pain should never be more than a mild to moderate discomfort.



Heel Slides - Stage 2

Slowly bend the affected knee by sliding the heel toward your buttocks. Slowly move back and forth. If the knee feels stiff as it **bends up**, slowly work toward regaining full motion. This may take several days depending on pain and swelling. The pain should never be more than a mild to moderate discomfort.

Perform 2 sets of 15 repetitions on each leg 1-3 times a day.



Quadriceps “Tack and Floss” Mobilization

Position your upper thigh onto the foam roller. Roll around until you locate a particularly tight and/or restricted area, and then very slowly bend your knee back and forth. Use the weight of your leg to hold the spasming muscle down over the foam roller as you slowly move back and forth over the foam roller by bending your knee.

Perform 1-2 minutes on each leg once per day.



Straight Leg Raise - Starting Position

Lie on the ground with your affected leg straight. The opposite leg will be bent. Be sure to rotate your leg outward (laterally) slightly to gain a better activation of the medial (inner) side of the quadriceps.



Straight Leg Raise - Leg Laterally Rotated

Raise your leg parallel to the bent leg. Don't arch your back. Keep your abdominals engaged. Another variation is to perform this with your toes straight into the air. You could also add an ankle weight to increase the difficulty level.

Perform 2 sets of 15 repetitions on each leg once a day.



Bridge Exercise - Starting Position

Lie on your back with your knees bent to prepare for the bridge exercise.



Bridge Exercise with an Exercise Band Around Your Knees

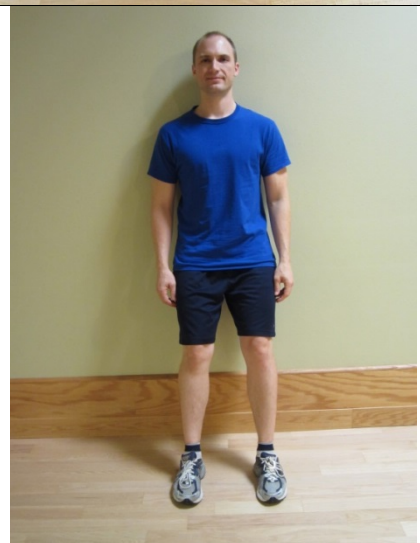
Place an exercise band around your thighs above your knees. Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Pause, return back down to the ground. Don't let your pelvis wobble as you move up and down. Hold your knees 4-6 inches apart.

Perform 2 sets of 10 repetitions once a day.



Wall Squat - Starting Position

Stand with your pelvis, back, and head touching a wall. Your feet will be approximately hip width apart and far enough out from the wall. When you slide down, your knees will make a 90 degree angle. Try to have the knee track toward your second toe to insure proper alignment of the knees.



Wall Squat

From your starting position, slowly lower your body down and hold for time. As you improve, lengthen the amount of time you hold the wall squat. Be sure to keep your pelvis, back, and head against the wall. Keep the movement pain free.

Perform 3 sets of 15-20 seconds holds once a day.



Wall Squat with an Exercise Band

Place an exercise band around your thighs above your knees. It will help to increase the activation of the hip muscles. From your starting position, slowly lower your body down and hold for time. As you improve, lengthen the amount of time you hold the wall squat. Be sure to keep your pelvis, back, and head against the wall. Keep the movement pain free.

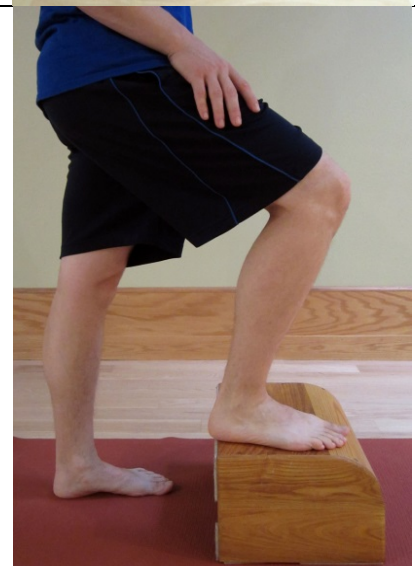
Perform 2 sets of 15-20 repetitions once a day.



Step Ups

Start with a box height that is comfortable for you to step up on. Be sure to keep your knee in alignment with your second toe. Step up and keep your pelvis level and your knee in alignment. Be sure to engage the buttocks muscles and fully lock out the knee.

Perform 2 sets of 15-20 repetitions once a day.



Side Stepping with an Exercise Band

Tie the exercise band above your knees. Move into a slight squat position. Try to side step while keeping your feet facing forward. Move slowly, and try to keep your head at the same level.

Walk sideways for 20-30 feet. Return back again, but don't turn around.

Perform 2-3 sets once per day.



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