

Dr. P. SHARAT KUMAR

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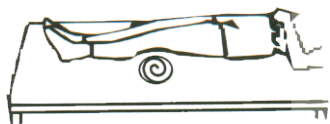
Joint Replacement & Arthroscopic Surgeon - Apollo Health City, Jubilee Hills

Former Consultant - Rugby Football League - UK & Former Liaison Doctor - IPL Team Mumbai Indians

KNEE EXERCISES

Exercise 1:

Lie on the back, press the knee against the towel roll, hold for seconds and relax



Exercise 2:

Lie on your back place a towel roll (approx 3 inches in heights) under the ankle, press the knee down hold for ___sec and relax



Exercise 3:

Lie on the back, bend the knee as much as possible and straighten. Repeat for ___times.



Exercise 4:

Lie on your back, place a towel roll (approx 6 inches in height) under the knee. Lift the leg up till the knee, hold for ___sec and relax.



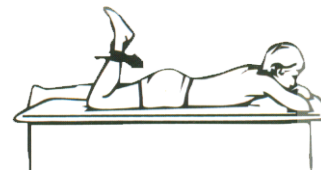
Exercise 5:

Lie on your back, and lift your leg up without bending the knee, hold for ___sec and relax



Exercise 6:

Lying on your stomach, raise your heel, bending your knee as much as is comfortably possible. Hold this position for ___sec, lower leg relax.



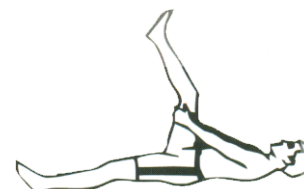
Exercise 7:

Sit in upright position straight the knee hold for ___sec and relax



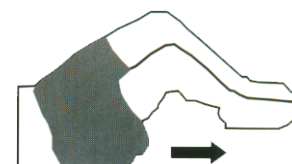
Exercise 8:

Lie on your back lift one leg up supported with both the hands keeping the knee straight and hold for ___sec and then relax



Exercise 9:

Lie with your knee bent to about 20 degrees. Push your heel into the floor, tightening the muscles on the back of your thigh. Hold 5 seconds, then relax. Repeat 10 times.



Appointments: www.drsharat.in

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NECK EXERCISES

Note

These simple exercise should be performed a few times a day to prevent staying in one posture for too long.

- You should feel a comfortable stretch.
- Avoid jerking and bouncing at the end of your range.
- Perform atleast 5 times of each stretch and hold the stretch for 10 counts each time.
- Relax and breathe normally.
- Stop immediately if you experience any pain.

LEVEL 1

Exercise 1

- Sitting on chair, place one palm on the thigh
- Place the other palm against the side of the head
- Push the head against the palm and resist for 10 counts



Exercise 2

- Place your hand over the forehead
- Push the head forward without the neck bending forward and hold for 10 counts



Exercise 3

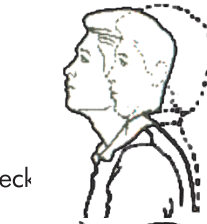
- Clasp or interlock the hands behind the head
- Push the head back while resisting with palms and hold for 10 counts
- Repeat ___times



LEVEL 2

Exercise 1

- Sit or stand upright with your shoulders pulled back slightly.
- Tuck in your chin.
- Feel a comfortable stretch in the lower neck
- Repeat ___times.



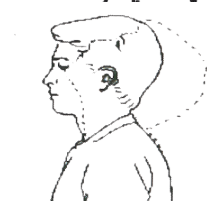
Exercise 2

- Gently bring your chin to your chest.
- Feel a comfortable stretch in the lower neck.



Exercise 3

- Gently move your head backward until you look at the ceiling.
- Repeat ___times



Exercise 4

- Gently turn your head to your right
- Then turn to your left.
- Repeat ___times.

Stretching Exercises



Exercise 1

- Gently Shrug your shoulders up and rolls them backward
- Repeat ___times



Exercise 2

- Lean against the wall with both hands at shoulders level. Feel a comfortable stretch over your chest.
- Repeat ___times.



Exercise 3

- Clasp your hands behind your back.
- Gently pull your hands away from your back.
- Feel a stretch on the front of your chest and mid-back.
- Repeat ___times



Exercise 4

- Lean against the wall with both hands at shoulders level. Feel a comfortable stretch over your chest.
- Repeat ___times.



Exercise 5

- Sit on a stool with your back flat against a wall. lift your arms overhead, keeping your head and back flat, against the wall. Hold for ___seconds. See if your shoulders can touch the wall while keeping your back flat. Hold for ___seconds. Lower your hands to the starting position.



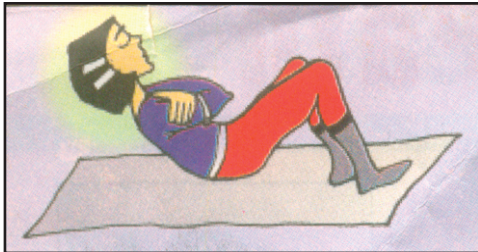
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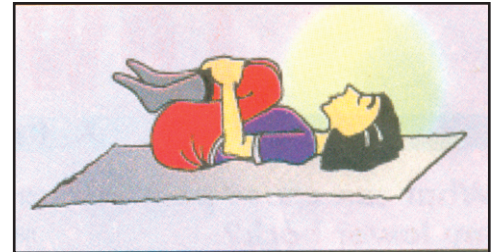
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BACK EXERCISES



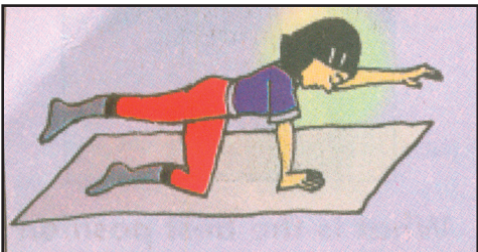
Curl-up exercise

- Lie on the floor on back.
- Keeping arms folded across chest, tilt pelvis to flatten back, Tuck chin to chest.
- Tighten abdominal muscles while raising head and shoulders from floor.
- Hold for 10 seconds and release.
- Repeat 10-15 time. Gradually increase your repetitions.



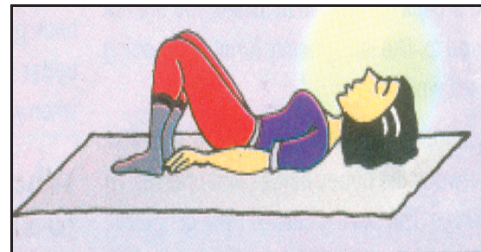
Double knee-to-chest stretch

- Lie down on back.
- Pull both knees on to chest until you feel a comfortable stretch in lower back.
- Keep the back relaxed
- Hold for 45-50 seconds.



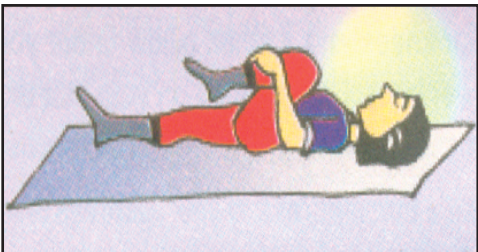
Alternate arm-leg extension exercise

- Face floor on hands and knees
- Raise left arm and right leg. do not arch neck.
- Hold for 10 seconds and release.
- Raise right arm and left leg. do not arch neck
- Hold for 10 seconds and release.



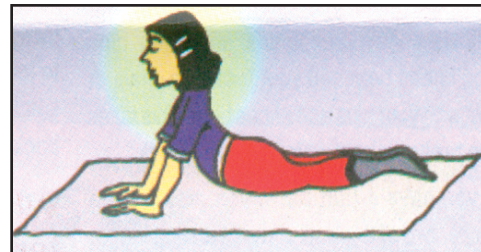
Pelvic Tilt

Lie on your back with your knees bent in this relaxed position. the small part of your back will not be touching the floor. Tighten your abdominal muscles. so that your back pressure flat against the floor. Hold for 5 seconds then relax. Repeat 3 times. Gradually increase the repetitions to 10.



Knee-to-chest

Lie on your back with one leg straight. Bring one knee into your chest, pressing into the floor (pelvic tilt). Hold for 5 seconds and release. Repeat 5 times. Do the same exercise on other leg



Back stretch

Lie on your stomach. use your arms to push your upper body off the floor. Hold for 5 seconds let your back relax and sag. Repeat 10 times.

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