

La hija del alquimista pdf

Exercises for torn meniscus without surgery pdf

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Repetitionstimes each leg Sit or lie down on a firm surface or the floor with your affected leg straight. Place a small, rolled-up towel under your knee. Bridge Exercise with Straight Leg Raise. They can be incorporated into your activities of daily living, e.g How do I do exercise to heal my meniscus? Restseconds, or rest one leg while you do the other. Initially, you can stabilise yourself by placing a finger against a wall, but you should aim to be able to complete this exercise without holding on. Hold for aboutseconds, then rest. For most tears, some simple exercises can help maintain muscle strength in the front of the thigh (quadriceps), back of the thigh Created Date 5/12/ AM REHABILITATION PROTOCOL Nonoperative meniscus. Individual patients will progress at Exercise– Hamstring Stretch Lift your bum Squeeze Hold forseconds Roll down Repetitions –toreps Place a towel around one foot, and hold the ends Bridge ExerciseStarting Position. Bend the kneesdegrees, and slowly raise the top knee as high as possible without moving the lower back or pelvis. Repeattotimes. Pause, extend your leg. • Exercises in weight bearing positions can also be included if your symptoms are not aggravated by them. Hold for seconds, then return the leg to the ground and repeat with the opposite leg Created Date/12/ AM Lie on the left side, keeping the hips and feet aligned at all times. The rehabilitation guidelines are presented in a criterion based progression program. It's a good idea to repeat these steps with your other leg Keep your pelvis level as you lift your hips/pelvis and buttocks into the air. Lay on your back with your knees bent to prepare for the bridge exercise. Tighten the thigh muscles of your straight leg by pressing the back of your knee down into the towel. Slowly See video for instructionsHold: Build up to holding forseconds.

 Difficulté Très facile

 Durée 198 minute(s)

 Catégories Vêtement & Accessoire, Bien-être & Santé, Maison, Jeux & Loisirs, Robotique

 Coût 478 USD (\$)

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