

What to do in the first few days

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Make an appointment with me:

WhatsApp



Scan to access exercise videos

Seek emergency care first

Could not continue playing or walk normally after injury?
Get an X-ray to rule out a fracture before starting.

Mechanical block — stop

If your knee feels locked or stuck — do not force it. Pain or stiffness only? Safe to gently push through.

PROTECT & SETTLE



PROTECT

Crutches may be needed to offload the knee



REST

Avoid activities that stress the injured knee



ICE

15–20 min every 2–3 hrs, cloth-wrapped



COMPRESS

Circumferential knee bandage helps swelling



ELEVATE

Keep leg raised above heart level when resting

EARLY EXERCISES

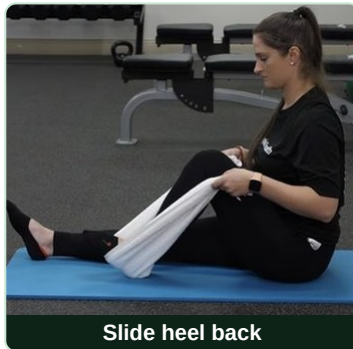
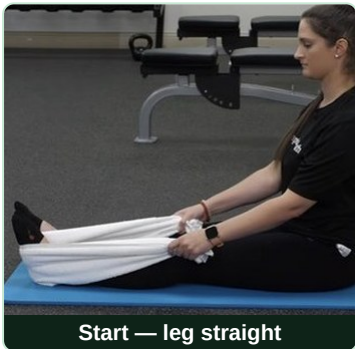
3 sets · 2–3× daily

1 Heel Slides

× 10 reps

▶ Watch Video

Ⓢ Preserves knee extension



- Sit on the floor with your injured leg **straight**, loop a towel around your foot
- Slowly slide your heel towards your bottom, keeping **tension on the towel** throughout
- Hold **5 seconds** at the top, then slowly straighten back out — feel a stretch at the **back of the calf**

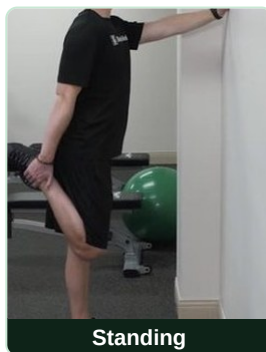
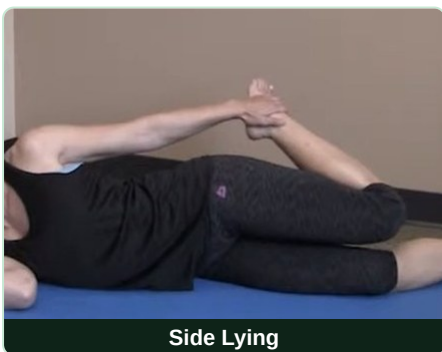
2 Quad Stretch

× 3 reps, 30s hold

▶ Side Lying

▶ Standing

Ⓢ Keeps quads supple



- Stand near a wall for balance, or **lie on your side**
- Bend your knee and gently hold your **ankle behind you**
- Feel a gentle stretch along the **front of your thigh** — hold **30 seconds**, do not force the bend

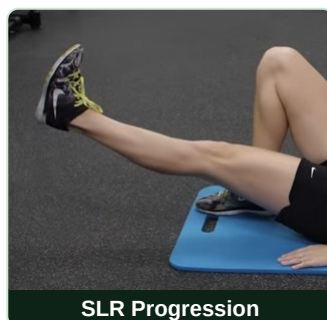
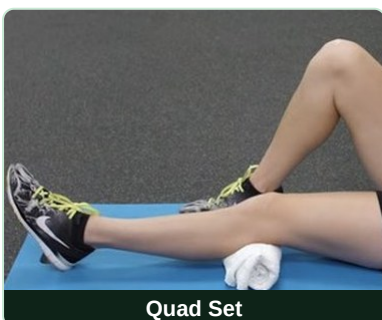
3 Quad Set → SLR

× 10 reps, 5 sec hold

▶ Quad Set

▶ SLR

Ⓢ Wakes up quads



- Sit on the floor with your injured leg **straight**, rolled towel placed **under the knee**
- Press the back of your knee **gently down** into the towel and **tighten your thigh muscle**
- Hold for **5 seconds**, then **relax fully** before the next repetition
- Feeling a **strong quad contraction**? Progress to **Straight Leg Raise (SLR)** — keep thigh tight and lift leg to **45°**