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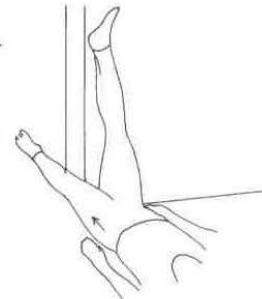
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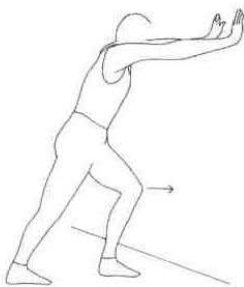
Osgood-Schlatter Disease Rehabilitation Exercises

You can start stretching the muscles in the back of your leg using exercises 1 and 2 right away. When you have only a little discomfort in the upper part of your lower leg bone (tibia), you can do exercises 3, 4, and 5.

1. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs straight out in front of you along the floor. Raise your injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds. You will feel a stretch in the back of your thigh. Repeat 3 times.



Hamstring stretch



Calf stretch

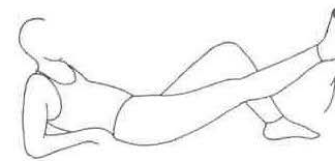
2. Calf stretch: Face a wall and put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your foot on your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Repeat 3 times.



Quadriceps stretch

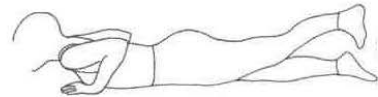
3. Quadriceps stretch: Stand an arm's length away from a wall, facing straight ahead. Brace yourself by keeping the hand on the uninjured side against the wall. With your other hand, grasp the ankle of the injured leg and pull your heel up toward your buttocks. Don't arch or twist your back. Hold this position for 30 seconds. Repeat 3 times.

4. Straight leg raise: Sit on the floor with the injured leg straight and the other leg bent with your foot flat on the floor. Move the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6 to 8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat 10 times. Do 3 sets of 10.



Straight leg raise

5. Prone hip extension: Lie on your stomach. Squeeze your buttocks together and raise your injured leg 5 to 8 inches off the floor. Keep your back straight. Hold your leg up for 5 seconds and then lower it. Repeat 10 times. Do 3 sets of 10.



Prone hip extension

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