

RANGE OF MOTION (ROM) AND STRETCHING EXERCISES – Popliteus Tendinitis

These exercises may help you when beginning to rehabilitate your injury. Your symptoms may resolve with or without further involvement from your physician, physical therapist or athletic trainer. While completing these exercises, remember:

- Restoring tissue flexibility helps normal motion to return to the joints. This allows healthier, less painful movement and activity.
- An effective stretch should be held for at least 30 seconds.
- A stretch should never be painful. You should only feel a gentle lengthening or release in the stretched tissue.

STRETCH - Gastroc, Standing

- Place hands on wall.
- Extend right / left leg, keeping the front knee somewhat bent.
- Slightly point your toes inward on your back foot.
- Keeping your right / left heel on the floor and your knee straight, shift your weight toward the wall, not allowing your back to arch.
- You should feel a gentle stretch in the right / left calf. Hold this position for _____ seconds.



Repeat _____ times. Complete this stretch _____ times per day.

STRETCH - Soleus, Standing

- Place hands on wall.
- Extend right / left leg, keeping the other knee somewhat bent.
- Slightly point your toes inward on your back foot.
- Keep your right / left heel on the floor, bend your back knee, and slightly shift your weight over the back leg so that you feel a gentle stretch deep in your back calf.
- Hold this position for _____ seconds.



Repeat _____ times. Complete this stretch _____ times per day.

STRETCH - Gastrosoleus, Standing

Note: This exercise can place a lot of stress on your foot and ankle. Please complete this exercise only if specifically instructed by your caregiver.



- Place the ball of your right / left foot on a step, keeping your other foot firmly on the same step.
- Hold on to the wall or a rail for balance.
- Slowly lift your other foot, allowing your body weight to press your heel down over the edge of the step.
- You should feel a stretch in your right / left calf.
- Hold this position for _____ seconds.
- Repeat this exercise with a slight bend in your right / left knee.

Repeat _____ times. Complete this stretch _____ times per day.

STRETCH - Hamstrings, Standing

- Stand or sit and extend your right / left leg, placing your foot on a chair or foot stool
- Keeping a slight arch in your low back and your hips straight forward.
- Lead with your chest and lean forward at the waist until you feel a gentle stretch in the back of your right / left knee or thigh. (When done correctly, this exercise requires leaning only a small distance.)
- Hold this position for _____ seconds.



Repeat _____ times. Complete this stretch _____ times per day.



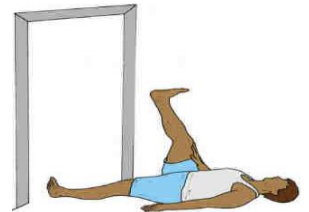
STRETCH - Hamstrings, Supine

- Lie on your back. Loop a belt or towel over the ball of your right / left foot.
- Straighten your right / left knee and slowly pull on the belt to raise your leg. Do not allow the right / left knee to bend. Keep your opposite leg flat on the floor.
- Raise the leg until you feel a gentle stretch behind your right / left knee or thigh. Hold this position for _____ seconds.

Repeat _____ times. Complete this stretch _____ times per day.

STRETCH - Hamstrings, Doorway

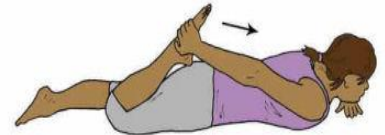
- Lie on your back with your right / left leg extended and resting on the wall and the opposite leg flat on the ground through the door. Initially, position your bottom farther away from the wall than the illustration shows.
- Keep your right / left knee straight. If you feel a stretch behind your knee or thigh, hold this position for _____ seconds.
- If you do not feel a stretch, scoot your bottom closer to the door, and hold _____ seconds.



Repeat _____ times. Complete this stretch _____ times per day.

STRETCH - Quadriceps, Prone

- Lie on your stomach on a firm surface, such as a bed or padded floor.
- Bend your right / left knee and grasp your ankle. If you are unable to reach, your ankle or pant leg, use a belt around your foot to lengthen your reach.
- Gently pull your heel toward your buttocks. Your knee should not slide out to the side. You should feel a stretch in the front of your thigh and/or knee.
- Hold this position for _____ seconds.



Repeat _____ times. Complete this stretch _____ times per day.

STRENGTHENING EXERCISES - Popliteus Tendinitis

These exercises may help you when beginning to rehabilitate your injury. They may resolve your symptoms with or without further involvement from your physician, physical therapist or athletic trainer. While completing these exercises, remember:

- Muscles can gain both the endurance and the strength needed for everyday activities through controlled exercises.
- Complete these exercises as instructed by your physician, physical therapist or athletic trainer. Progress the resistance and repetitions only as guided.

STRENGTH - Hamstring, Isometrics

- Lie on your back on a firm surface.
- Bend your right / left knee approximately _____ degrees.
- Dig your heel into the surface as if you are trying to pull it toward your buttocks. Tighten the muscles in the back of your thighs to "dig" as hard as you can without increasing any pain.
- Hold this position for _____ seconds.
- Release the tension gradually and allow your muscle to completely relax for _____ seconds in between each exercise.



Repeat _____ times. Complete this exercise _____ times per day.

STRENGTH - Hamstring, Curls

- Lay on your stomach with your legs extended. (If you lay on a bed, your feet may hang over the edge.)
- Tighten the muscles in the back of your thigh to bend your right / left knee up to 90 degrees. *Keep your hips flat on the bed/floor.*
- Hold this position for _____ seconds.
- Slowly lower your leg back to the starting position.



Repeat _____ times. Complete this exercise _____ times per day.

Popliteus tendinitis is an inflammation of the tendons surrounding the popliteal muscle. The popliteal muscle is located in the back of the knee. The popliteal muscle can be come aggravated as a result of intense physical activity and is also common in those with frequent ankle sprains. According to MayoClinic.com, tendinitis can cause pain and tenderness along the affected joint. Stretching exercises can benefit those with popliteus tendinitis. Always consult your doctor before beginning exercise with popliteus tendinitis.

Wall Squats

Stretching can help reduce soreness and loosen up your knee, according to the American Academy of Orthopaedic Surgeons. Tight knees are more prone to injuries. A wall squat is completed with your back placed against a wall. Stand up straight with your feet facing forward. Step out so your feet are about 2 feet from the wall. Your head, back and shoulders should remain against the wall. Slowly slide yourself down the wall until you are in sitting position with your feet hips-width apart. You will feel a stretch in your knees and in the back of your legs. Hold this position for a count of 10. Slide back up the wall and repeat. Complete one set of 10 repetitions.

Hamstring Stretch

A hamstring stretch will stretch the back of your knee and lower leg. Sit on the floor with your legs extended in front of you, according to AAOS. Your back should be straight and your heels should be on the ground. Place the palms of your hands on the floor near your knees. Slowly slide your hands forward to your ankles. Once you feel a stretch or have slide as far as you can, hold this position for a half a minute. Relax and repeat one set of 10 repetitions.

Quadriceps Stretch

A quad stretch will help improve flexibility in the back of your knee. Stand straight up. Using your hands, grab the ball of the foot on your affected leg. Slowly pull your foot toward your buttocks, according to the Sports Injury Clinic. Keep your knees close together and balance the best you can during this exercise. Hold this position for a count of 10 seconds. Repeat one set of 10 repetitions. You should not feel pain while completing this exercise.

Hip Flexor Stretch

This stretch focuses on the muscles running along the back and outside of your knee, according to the Sports Injury Clinic. Place one leg in front of your with your knee bent. Your foot should be planted on the ground and facing forward. The other leg should be bent with your knee on the floor. Slowly push your hips forward while keeping your back straight. You will feel a stretch in your upper leg. Hold this position for a count of 30 seconds. Repeat three sets of three repetitions daily.