

Medial Plica Syndrome Home Exercise Program

Frequency: Perform all exercises **once daily** unless otherwise instructed.
Stop any exercise that causes sharp pain, catching, or increasing knee swelling.

Stretching Exercises

Prone Quadriceps Stretch

Dosage: Hold 10 seconds · Repeat 10 times

How to Perform:

- Lie on your stomach and loop a strap around your foot
 - Gently pull your heel toward your butt until you feel a stretch
 - Relax back to the start position and repeat
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Hamstring Stretch with Strap

Dosage: Hold 20 seconds · Repeat 5 times

How to Perform:

- Lie on your back with your leg straight
 - Use a strap to lift your leg until you feel a stretch behind your thigh
 - Lower slowly and repeat
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Calf Stretch on Slant Board

Dosage: Hold 20 seconds · Repeat 5 times

How to Perform:

- Stand with both feet on the slant board and heels down
 - Keep knees straight and lean forward slightly
 - Hold the stretch, then relax
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Strengthening Exercises

Straight Leg Raise

Dosage: 10 repetitions · 2 sets

How to Perform:

- Lie on your back with one leg straight and the other bent
 - Tighten your thigh and lift the straight leg to the height of the opposite knee
 - Lower slowly and repeat
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Bridges (With or Without Band)

Dosage: Hold 3 seconds · 10 reps · 2 sets

How to Perform:

- Lie on your back with knees bent and feet flat
 - Squeeze your glutes and lift your hips up
 - Hold briefly, then lower
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Side-Lying Clams

Dosage: Hold 3 seconds · 10 reps · 2 sets

How to Perform:

- Lie on your side with knees bent and feet together
 - Lift the top knee while keeping hips steady
 - Lower slowly and repeat
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Step-Downs

Dosage: 10 repetitions · 2 sets

How to Perform:

- Stand on a step with your affected leg
 - Slowly bend your knee and lower the opposite heel toward the floor
 - Push through your heel to return to standing
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Sidesteps with Resistance Band

Dosage: 15 steps each direction · 3 rounds

How to Perform:

- Place a band around your thighs and bend your knees slightly
- Keep tension on the band and step sideways
- Return in the opposite direction

Pain Relief (Optional)

Ice and TENS

Dosage: 10–15 minutes after exercises

How to Use:

- Place TENS pads on either side of the kneecap
 - Wrap ice around the knee with a towel barrier
 - Use at a comfortable intensity
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