

Physio questions 19, knee problems

1. what do you observe and what do you test at the beginning?
2. how can you test the strength of the quadriceps muscle?
3. write down 1 exercise how to stretch the quadriceps muscles.
4. in which direction can you mobilize the patella?
5. explain 3 exercises how to strengthen the quadriceps muscles.
6. explain 3 exercises how to strengthen the abductor muscles.
7. explain 3 exercises how to strengthen the adductor muscles.

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle
Ntate Thuso