

KNEE REHAB GROUP TRAINING

Knee Rehab Group Training

is a group exercise class specially designed by Back2Sports sports rehab specialists to improve knee muscle strength and control. The class size is small for a high trainer:participant ratio. This is necessary for close supervision to ensure correct form.

These exercises classes are suitable for clients who :

1. Have scheduled knee surgery and is under advisement by their surgeon to strengthen their knees before the surgery to improve their recovery.

Increased muscle strength and control prior to surgery help reduce the absolute loss of muscle mass and strength after surgery. This allows patients to begin their rehabilitation at a higher starting point.

2. Have had ACL (anterior cruciate ligament), MCL and PCL surgery 6 months or more ago.
3. Have Patella-Femoral Pain Syndrome (PFPS), Knee Pains, ITB Friction Syndrome

Programme Objectives

- Establishing the VMO (*Vastus Medialis Oblique*) muscle in its role to help control & stabilise the knee.
- Establishing overall hip control (*glute medius, glute minimus*).
- Achieve real every day life movement patterns by first training the identified problem in isolation then integrating increasingly more complex movements.
- Progress safely to being able to perform fully loaded exercises.

Class shedule

There are two levels of exercises - Beginner and Intermediate. Group exercises sessions for each level is held weekly.

An assessment session by the physiotherapist is required prior to starting each level. For clients wishing to progress beyond the Intermediate level, we have individualised programme one-on-one sessions with our rehab trainers.

Registration

- S\$320 for set of 8 exercise sessions. The assessment session by a physiotherapist is \$80 per session.
- Each class session takes a maximum of 6 participants.

Venue: 73 Tras St, #02-01 S079012 (near Shenton Way)

For the next available class, kindly email us at enquiry@back2sports.com.sg or call us at **6226 3632**.



Shoulder and Knee
Rehabilitation Specialists