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Aaos knee exercises pdf spanish printable free online

Artritis del hombro (Arthritis of the Shoulder) Atrapamiento del nervio cubital en el codo (síndrome del túnel cubital) (Ulnar Nerve Entrapment at the Elbow (Cubital Tunnel Syndrome)) Bursitis de cadera (Hip Bursitis) Codo de tenista (epicondilitis lateral) (Tennis Elbow (Lateral Epicondylitis)) Compresión del hombro/Tendinitis del manguito rotador (Shoulder Impingement/Rotator Cuff Tendinitis) Conceptos básicos de la columna (Spine Basics) Conmoción cerebral debido a una actividad deportiva (Sports Concussion) Contusión muscular (moretón) (Muscle Contusion (Bruise)) Dedo en gatillo (Trigger Finger) Desgarros del manguito rotador (Rotator Cuff Tears) Desgarros de los meniscos (Meniscus Tears) Desgarros SLAP (SLAP Tears) Dolor de hombro y problemas comunes del hombro (Shoulder Pain and Common Shoulder Problems) Dolor de rodilla anterior en adolescentes (Adolescent Anterior Knee Pain) El pie equino (Clubfoot) El síndrome de dolor patelofemoral (Patellofemoral Pain Syndrome) Escoliosis idiopática en niños y adolescentes (Idiopathic Scoliosis in Children and Adolescents) Esguinces, torceduras y otras lesiones de los tejidos blandos (Sprains, Strains and Other Soft-Tissue Injuries) Espondilosis cervical (osteoartritis de cuello) (Cervical Spondylosis) Estenosis de la columna lumbar (Lumbar Spinal Stenosis) Fascitis plantar y protuberancias óseas (Plantar Fasciitis and Bone Spurs) Fractura del escafoides de la muñeca (Scaphoid Fracture of the Wrist) Fracturas de la diáfisis femoral (ruptura del hueso del muslo) (Femur Shaft Fractures (Broken Thighbone)) Fracturas de los codos en los niños (Elbow Fractures in Children) Fracturas del antebrazo en los niños (Forearm Fractures in Children) Fracturas del cartilago de crecimiento (Growth Plate Fractures) Fracturas distales del radio (muñeca quebrada) (Distal Radius Fractures (Broken Wrist)) Hernia de disco en la columna lumbar (Herniated Disk in the Lower Back) Hombro congelado (Frozen Shoulder) Infecciones en los huesos, las articulaciones y los músculos en niños (Bone, Joint, and Muscle Infections in Children) Juanetes (Bunions) Lesiones del ligamento cruzado anterior (Anterior Cruciate Ligament (ACL) Injuries) Lesiones deportivas en la secundaria (High School Sports Injuries) Lumbalgia (Low Back Pain) Osteoartritis de cadera (Hip Osteoarthritis) Osteoartritis de rodilla (Knee Osteoarthritis) Osteoporosis (Introduction to Osteoporosis) Periostitis tibial (Shin Splints) Pie diabético (Charcot) (Diabetic Charcot Foot) Piernas arqueadas (Bowed Legs) Quieste de Baker (quiste poplíteo) (Baker's Cyst (Popliteal Cyst)) Quieste ganglionar de la muñeca y la mano (Ganglion Cyst of the Wrist and Hand) Radiculopatía cervical (nervio pinzado) (Cervical Radiculopathy (Pinched Nerve)) Síndrome de Dolor Regional Complejo (Distrofia Simpática Refleja) (Complex Regional Pain Syndrome) Síndrome del túnel carpiano (Carpal Tunnel Syndrome) Trombosis venosa profunda (Deep Vein Thrombosis) Artritis del hombro (Arthritis of the 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or cycling, before doing these exercises You should feel this exercise mostly in the front of your thigh. Lie on your back with one leg bent and the other straight. Tighten the thigh muscles in your straight leg and slowly lift it until it is about a foot off the floor. Hold it for 3 to 5 seconds. Slowly lower your leg to the floor. Repeat and switch sides. Do: Keep your upper body relaxed and tighten your stomach muscles to keep your low back flat against the floor. Do not: Arch your back. Do not lift your leg too high with a jerking motion. You should feel this exercise in the front and back of your thigh, hip, and buttocks. Place two chairs on either side of you to help with balance. Lift one leg slightly in front of you. Plant your weight on the other leg. Slowly lower yourself down a few inches, pushing your weight onto the heel of your supporting leg. Hold for 3 to 5 seconds. Slowly straighten up. Repeat and switch sides. Do: Sit back as if there was a chair behind you. Do not: Let the knee of your supporting leg move forward over your toes. You should feel this exercise at the back of your thigh. Hold on to the back of a chair for balance. Plant your weight onto your supporting leg. Lift the other foot and bring the heel up toward your buttocks. Hold for 3 to 5 seconds. Slowly lower your leg. Repeat and switch sides. Do: Keep your knees close together. Do not: Lock the knee of your supporting leg. Do not bring your heel up past a 90 degree angle. You will feel these exercises on all sides of your thigh, your hip and buttocks. Hold onto the back of a chair for balance. Slightly lift one leg. Plant your weight on your supporting leg. Tighten your thigh muscles in your lifted leg and slowly move it in the direction shown. Hold for 3 to 5 seconds. Slowly return to start and repeat. Turn your body 90 degrees to begin the next exercise in the series. Do: Focus on your supporting leg. It is working just as hard as the moving leg. Do not: Lock the knee of your supporting leg. Do not arch your back or lean to either side during these exercises. You should feel this exercise mostly in the front of your thighs. Stand with your head, back, and hips against a wall. Step your feet out about 2 feet from the wall, hipwidth apart. Slowly slide down the wall until you are almost in a sitting position. Hold for 5 to 10 seconds, then slowly slide up. Repeat. Do: Keep your abdominal muscles tight. Hold the position longer as you get stronger. Do not: Slide your hips down lower than your knees. Do not let your knees move forward over your toes. You should feel this exercise in the front and back of your thigh, your hip, and buttocks. Use a 6-inch high stool or platform. Step one foot onto the platform. Lift your other foot off the floor, letting it hang loosely off the platform. Try to hold for 3 to 5 seconds. Slowly lower your hanging foot to the floor, then bring your stepping foot down. Repeat and switch sides. Do: Make sure when you step up that your whole foot is on the platform. Do not: Lock the knee that is stepping on the platform.

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