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The Study of RectusFemorisActivity after Knee JointRehabilitation

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Abstract: That maintaining on the knee joint stability, requires a balance of the surrounding muscle strength to the joint, including the rectus femoral muscle, and what happened from a defect in the output of knee joint because the continuous stress and imbalance of the surrounding muscle strength, so it was preparing a rehabilitation program that includes the use of a (TENS) and exercises therapeutic static and dynamic continued program in two phases stage at the tenth week later was measured muscle activity variables by a device (EMG) and other stage in the fourteenth week, as it was then re-measured associated with the activity electrical variables of rectus femoris muscle. the end of the treatment period was associated with the response of muscle and improved joint case after it has been data collection, extraction has been actively femoris muscle own results in variables (Amplitude, Area and Duration), done statistically process data through statistical pouch (SPSS).
The researchers are found an important point, that the use of physical therapy equipment necessary for a specific period, within the limits of the muscle response, and continue to mean events damage in the muscle, so the use of therapeutic exercises are only way to increase the susceptibility of muscle in contraction and extendable.
Keywords: Rectus femoris, Activity, Rehabilitation and knee joint.

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