
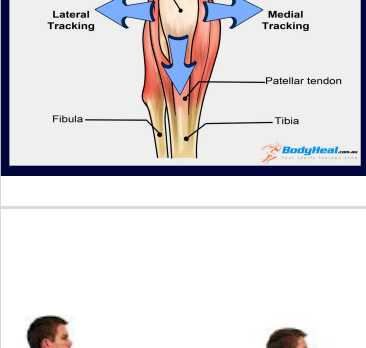







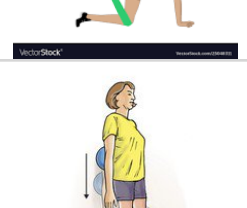
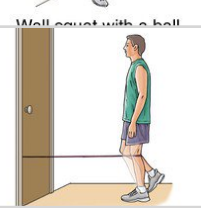








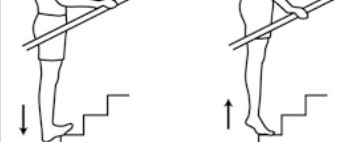









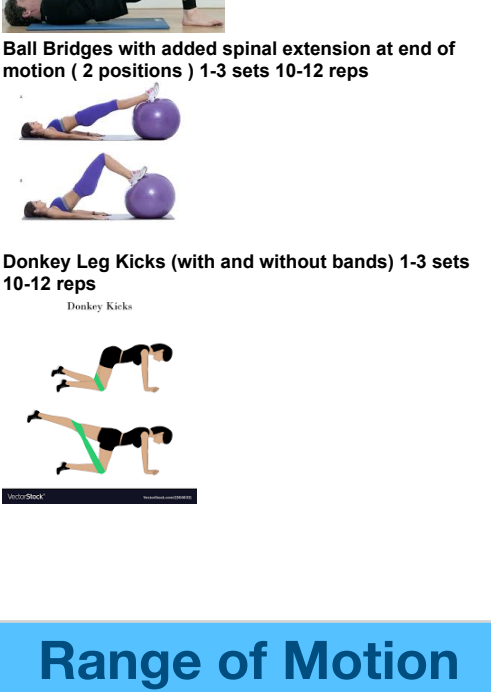



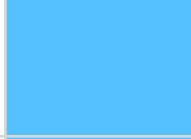









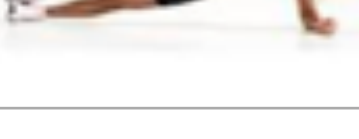




Knee Care Program	Picture	Video
Talk with your trainer on what is right for you		
Mobility Exercises		
• Myofascial Release or Self Massage - with a foam roller - typically done across quadriceps, hamstrings, and hip musculature		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Knee Cap Range of Motion and Mobility Exercise - with an extended/relaxed leg move patella up and down and side to side several times in order to create pain-free movement		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Knee Joint Range of Motion and Mobility Exercises <ul style="list-style-type: none"><li>Place your foot on an elevated surface (chair). Keep feet flat.</li><li>Lunge forward to increase bend in knee. Repeat several times trying to increase motion.</li><li>As you do this you can rotate upper body to the left if left leg is up and to right if right leg is up.</li><li>Go slowly and stop if you have pain.</li><li>Repeat other side. <b>An alternative is to sit and bring knee to chest slightly bending and flexing knee.</b></li></ul>		
Conditioning Exercises 1-3 sets for 10-12 reps unless specified		
• Seated Single Leg Extensions- no weight then add ankle weight when you get stronger by using ankle weight. Make sure you pause at top of motion. The pause for 1 or more seconds is crucial.		
• Standing Leg Curl - no weight then add ankle weight when you get stronger by using ankle weight. Make sure you pause at top of motion. Try to flex up as high as you can without bending forward.		
• Supported Squats-Holding on to a support with feet near support squat back hinging at the hips. Let the buttocks do most of the work.		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Prone Leg Lifts on floor. Make sure you pause at top of motion. The pause for 1 or more seconds is crucial.		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Straight Leg Lifts Make sure you pause at top of motion. The pause for 1 or more seconds is crucial.		
• Side Leg Lifts Make sure you pause at top of motion. The pause for 1 or more seconds is crucial.		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Donkey Leg Kickbacks (with or without bands). Make sure you pause at the top of motion.		
• Wall Squats (70-80 degrees of knee flexion) with or without foam roller or ball between leg squeeze, go for the burn ( 1 set )		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Terminal Knee Extensions with band attached to a support. Make sure pause at terminal extension.		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Standing Lunges - Make sure lead leg is perpendicular with floor		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Standing Side Leg Lift Make sure you pause at top of motion. The pause for 1 or more seconds is crucial.		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Golfer's Squat		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Ball Hamstring Curls (double or single leg)		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Ball Bridges (2 positions)		
• Step ups from the side/front		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Knee Band Stabilization (multi motions)		
• BirdDog Exercise-Gluteal Lift-part of core training		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Dumbbell Squats or other squats		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
• Calf raises off step (single leg or double) 15-25 reps		
• Toe raises off step (single leg or double) 15-25 reps		
• Single Leg Glute Bridges with opposite leg hip stretch Make sure you pause at the top of motion.		
• Wobble Board Exercises (multi motions) or other Balance Exercises		
• Inner and Outer Thigh Machine		
• Seated Leg Curl Machine		
• Leg Press Machine with feet higher than usual on plate		
• Leg Extensions Machine (limited arc first 30 degrees,last 30 degrees)		
<b>Advanced Group Gluteal Exercises</b> 		
Range of Motion		
Stretches Daily 1-3 sets each done at anytime		
• Quadricep Stretches (hold for 20-45 secs)		
• IT Band Stretches (hold for 20-45 secs)		<a href="https://www.youtube.com/watch?v=cu6mq4TJnCM">https://www.youtube.com/watch?v=cu6mq4TJnCM</a>
Pin down top knee with bottom foot while performing a quad stretch of top leg		
• Hamstring Stretches (hold for 20-45 secs) Keep back straight		
Bring Bent Leg to 90 degrees and slowly extend leg till resistance barrier hold for 5 seconds and repeat a few times		
• Calf Stretches (hold for 20-45 secs) with leg straight and with leg bent - 2 stretches		
• Hip Flexor Stretches (hold for 20-45 secs)		
Push hip forward		
• Gluteal Stretches (hold for 20-45 secs) put ankle on knee and then keeping back straight lean forward		
• Inner Thigh Stretch (hold for 20-45 secs) put ankle on knee and push on knee		
<b>A Strong Core Protects the Knees</b> The 5 essential Core Exercises. Perform 1-3 sets each 5-7 x a week. A strong Core helps protect the knee.		
Perform 5-7 times a week. These are the Five Essential Core Exercises. Advanced Versions 1-4 shown.		
1. Planks (modified on knees) Hold for > 30 seconds for 1-3 sets or 10 seconds for 10 reps. Keep abdomen in and braced (contracted) while keeping back straight.		
2. Sidebridge (modified on knees) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight.		<a href="https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/">https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/</a>
3. Bridge (modified both feet on floor) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight. Engagement of the glutes is key.		<a href="https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/">https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/</a>
4. BirdDog (modified only raise leg) Hold for > 30 seconds for 1-3 sets or 5-10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight. Engagement of the glutes is key.		<a href="https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/">https://www.acefitness.org/education-and-resources/lifestyle/https://www.acefitness.org/education-and-resources/lifestyle/</a>
5. Crunch Perform a crunch motion lifting head off floor, keeping head straight, using your abdomen muscles. At the same time you are doing the crunch try to keep your navel in by performing a draw in maneuver. You can have your arms by your side or you can place hands behind head. Keep one knee bent to spare back, switch bent knee halfway through set).	