

BENDY KNEES

KNEE PAIN PROTOCOL



Exercise 1: Supine Straight Leg Raise

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on floor facing up with arms extended to sides.

Movement: Activate core muscles. Lift leg until foot is 12 inches off floor. Slowly lower leg to start position. Repeat for prescribed repetitions and sets.



Exercise 2: Quad Sets

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin sitting upright or lying back with legs extended.

Movement: Tighten thigh muscles and hold for 5 seconds. All the muscles around the knee cap should tighten. There should be minimal knee joint movement. Repeat for prescribed repetitions and sets.

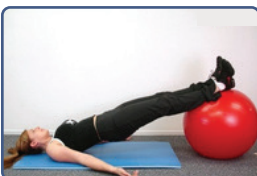


Exercise 3: Full Squats

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin standing with feet shoulder width apart. Raise arms to shoulder level for balance.

Movement: Activate core muscles. Sit hips back and downward until thighs are near parallel to ground. Maintain a flat and neutral spine. Knees should maintain alignment with second toe and not glide past foot. Return to start position. Repeat for prescribed repetitions and sets.



Exercise 4: Single Leg Ball Bridge

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on floor face up with arms extended at sides. Place stability ball under ankles. Activate core muscles and form a bridge position while maintaining a straight plank-like position.

Movement: While maintaining core muscle contraction, lift one leg off ball, maintaining plank-like position. Hold for desired time. Lower leg and repeated on opposite side. Repeat for prescribed repetitions and sets. This exercise may also be performed holding single leg bridge position for a set duration rather than performing repetitions.



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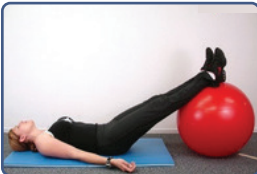


Exercise 5: Supine Heel Slides

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on floor face up, legs extended and arms to sides for support.

Movement : Activate core muscles. Slowly bend knee sliding heel towards buttock. Return to start position and repeat for prescribed repetitions and sets.



Exercise 6: Ball Bridge with Hold

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on floor face up with arms extended to side. Place stability ball under ankles.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with ankles, knees, hips and shoulders in alignment. The hands are on the floor to provide stability and should not apply forceful downward pressure. Hold position for 15-30 seconds or for recommended duration. Repeat for prescribed repetitions and sets.



Exercise 7: Side Lying Leg Lift

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: 3x/wk

Start: Begin lying on side on the floor with legs extended. Top leg should attain a straight line through hip and shoulder. Bottom leg may be bent for added stability.

Movement : Activate core muscles. Lift top leg upward, abducting legs. Slowly return to start position and repeat for prescribed repetitions and sets.



Exercise 8: Short Arc Knee Extension

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin on your back on the floor, legs extended. Roll towel tightly to a diameter of 6-8 inches and place under knee or you could use a foam roll.

Movement : Activate core muscles. Contract quadriceps extending knee as foot raises off floor. Slowly return to start position and repeat for prescribed repetitions and sets.

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Exercise 9: Standing Quadricep Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily

Start: Begin standing. Grasp chair or wall with one hand for support while flexing same side knee by grasping foot or ankle. Maintain a neutral pelvis position. Keep knees side by side not allowing bent knee to move forward of other side. This stretch may also be performed grasping foot with same side hand.

Movement : Gently pull heel toward buttock until gentle stretch is felt in front of thigh. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.



Exercise 8: Side Step Ups

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin standing next to 6 inch step. Place one foot on top of step.

Movement : Activate core muscles. Step up, lifting opposite knee to hip level. Pause momentarily then return to start position. Maintain hip, knee and foot alignment. Do not allow knee to glide past toes. Attempt to maintain level pelvis. Repeat for prescribed repetitions and sets.

