



Knee Pain

Hamstring Stretch



Stand with your feet hip width apart. Place one leg in front of you. Hinging from your hips, reach forward towards your toes, keeping your torso straight.

Reps: 10x 10 sec hold
Frequency: 1x/day

Straight Leg Raise



Lying on your back with knees bent and feet flat on the floor, straighten one leg. Start by contracting the quad muscles on the front of your thigh, pushing your knee down into the floor. While keeping these muscles tight and the knee straight, lift your leg off the ground until your knee is at the height of the other knee. Slowly lower it back to the floor and relax the muscle, repeat.

Reps: 10
Sets: 3
Frequency: 2-3x/wk (try not to do 2 days in a row)

Side Lying Hip Abduction



Lay on your side with your legs straight. Keep your knee straight and lift your top leg up towards the ceiling. Avoid pointing your toes towards the ceiling by keeping the outside of your foot parallel with the floor, and make sure to stay lying directly on your side and avoid rolling backwards. Slowly lower your leg back to the starting position. Repeat as directed.

Reps: 10
Sets: 3
Frequency: 2-3x/wk (try not to do 2 days in a row)

Side Steps



Band around your knee or ankle in a quarter squat keeping toes forward and stepping slowly and under control. Should avoid forward/backward movement or excessively lifting your legs.

Reps: 12-15
Sets: 3
Frequency: 2-3x/week (try not to do 2 days in a row)

Single Leg Eccentric Squats



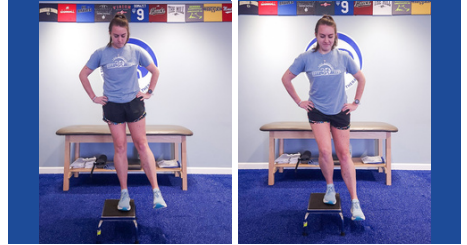
Start in a standing position with a chair behind you. Standing on one leg, slowly squat down to a chair, making sure to keep your knee pushed outward. Stand up using both legs to stand and repeat motion.

Reps: 10

Sets: 3

Frequency: 2-3x/wk (try not to do 2 days in a row)

Lateral Step Down



Start with standing on one foot on the bottom step. Slowly lower your other foot to the floor and tap your heel without putting weight through the foot. As you lower yourself down do not allow your stance knee to move beyond your toes or collapse inward. Try not to let your hip drop as your lower. Once your heel taps the floor, return to the starting position.

Reps: 8-10

Sets: 3

Frequency: 2-3x/wk (try not to do 2 days in a row)

Standing Hip Abduction with Ball



Start with standing next to a wall with a physioball positioned between your hip and the wall. Stand on the outside leg and squeeze your outside hip muscles to raise the opposite hip against the ball. Hold for 3 seconds. You should feel this on the outside hip on the standing leg. Lower back to starting position.

Reps: 8-10

Sets: 3

Frequency: 2-3x/wk (try not to do 2 days in a row)

Single Leg Bridge



Begin by lying with knees bent and both feet flat on the floor with arms at your sides. Lift one foot off the floor and straighten the knee. With one leg, raise your hips off the surface by squeezing your glute muscles. Try to keep your hips level as you raise your leg - your body and leg should make a straight line. Pause, then lower body and leg to the floor.

Reps: 8-10

Sets: 3

Frequency: 2-3x/week (try not to do 2 days in a row)