

MARCH 30, 2022

The Bees Knees



17
EXERCISES

HAPPY KNEES PROGRAM



1 "HEEL SLIDES" HIP/KNEE FLEXION/EXTENSION AAROM, WITH STRAP



2 SETS / 10 REPS / 1 S HOLD

- Start in a seated position with your legs straight out in front of you.
- Place a belt around the end of your affected foot.
- Slide your heel in towards your buttocks as far as you can, keeping your knee pointing directly upwards.
- Use the belt to assist with the movement.
- Hold as directed and then slowly return to the start position and repeat.

2 HIP ABDUCTORS FOAM ROLLING, SIDE LYING; 02



1 SET / 1 REP / 1 MIN DURATION

- Place the foam roller underneath the right hip.
- Cross your left leg over the right leg and use that cross-over leg to help move you back and forth.

3 GLUTEALS FOAM ROLLING, SITTING



1 SET / 1 REP / 1 MIN DURATION

- Place a foam roller on the floor and position your affected buttock on the roller.
- Using your arms, move your buttock forwards and backwards over the roller. You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms.
- When you find a particularly tender area, hold this position, increasing the pressure through the roller.

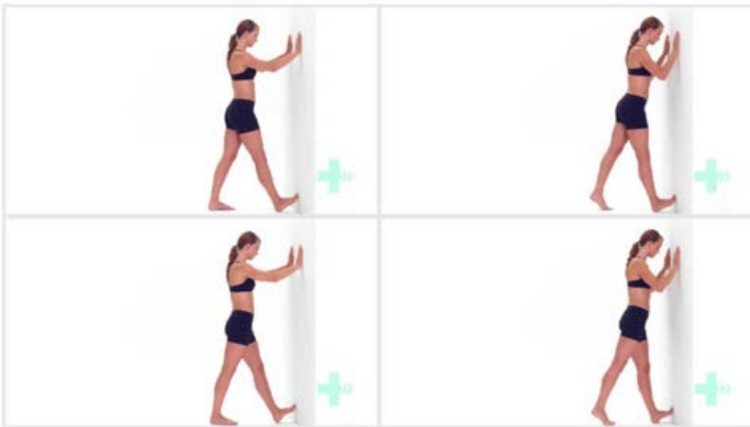
4 QUADRICEPS STRETCH, STANDING BEHIND CHAIR



1 SET / 3 REPS / 30 S HOLD

- Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.
- Lift your leg as high as possible and try to keep your knee bent at a right angle.
- Hold for a few seconds, and then repeat for the other leg.

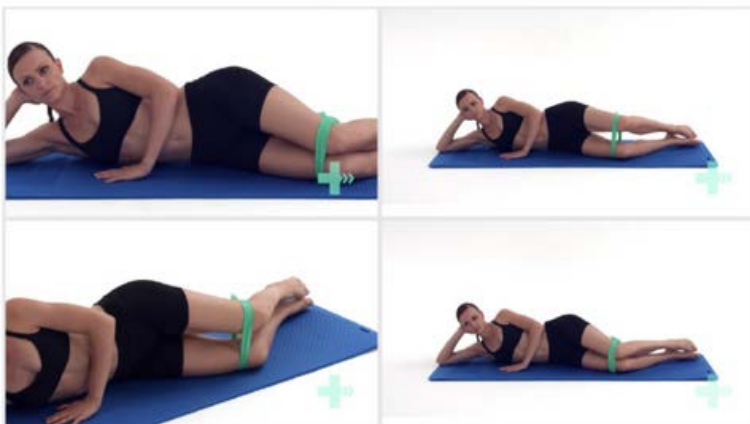
5 GASTROCNEMIUS/PLANTAR FASCIA STRETCH, TOES AGAINST WALL, STANDING; 01



1 SET / 3 REPS / 30 S HOLD

- Place your toes against a wall, keeping the heel on the ground.
- Maintaining a straight knee, move your body forwards until you feel a stretch down the back of the calf.
- Hold this position, and repeat on the other side.

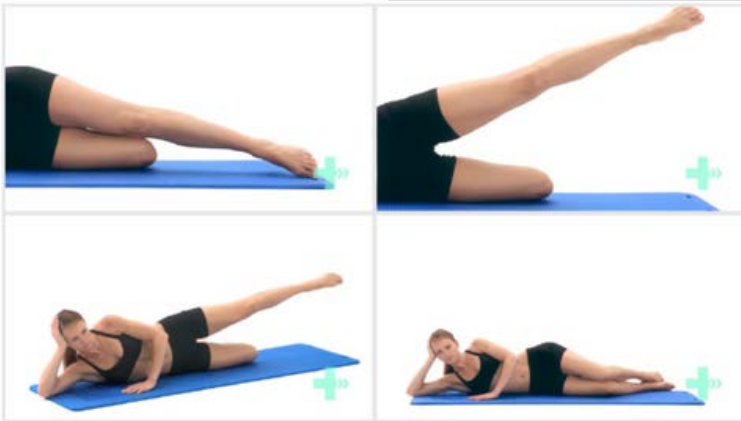
6 "CLAMSHELL" HIP EXTERNAL ROTATION STRENGTHENING, WITH BAND; 03



3 SETS / 8 REPS / 1 S HOLD

- Lie on your side with your legs bent and stacked on top of each other.
- Tie a resistance band around your knees and activate your core stability muscles.
- Keep your feet together and lift your top knee taking care not to allow your body to roll backwards and then lower back to the starting position.
- Control the movement as your knee returns to the start position and then repeat.

7 HIP ABDUCTION STRENGTHENING, SIDE LYING; 01



3 SETS / 8 REPS / 1 S HOLD

- Lie on your side with your affected leg on top.
- Bend your bottom leg for stability but keep your top leg straight and in line with your body.
- Lift the top leg up, making sure you do not roll your body forwards or backwards.
- Control the movement as you lower it back down to the starting position and repeat.

8 "PLANK, SIDE (LOW)" CORE/SCAPULAR STABILIZATION, ABDUCTING STRAIGHT LE, HAND BEHIND HEAD



1 SET / 3 REPS / 30 S HOLD

- Lie on your side.
- Lean on your elbow, with your forearm out to the front.
- Place the other hand behind your head and lift your hips up into a plank.
- Make sure the upper arm makes an angle of 90 degrees with your body and you can make a straight line through your legs and spine.
- Keep your pelvis straight, do not allow the upper pelvis to turn to the front or back. Now raise your upper leg off the floor.
- Move back into the side plank position in a slow and controlled movement. Repeat the exercise.

9 COORDINATION, WALKING (LEVEL 2) - SINGLE LEG SQUAT

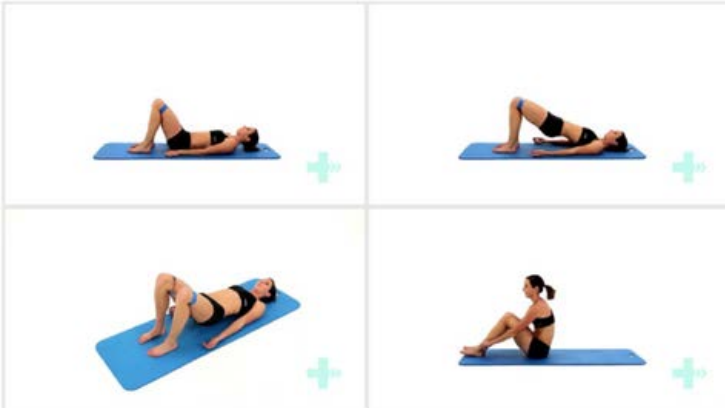


3 SETS / 8 REPS

- Stand up straight with your side to a wall.
- Your leg that you will stand on should be furthest from the wall.
- Place a foam roller horizontally across the wall and hold it there with your inside leg, just above your knee.
- Look straight ahead, tighten your abdominal muscles and lift the foot of your inside leg from the floor.
- Keep your buttock muscle activated and ensure your stance knee is pointing directly forwards.
- Maintaining this position, perform a small squat on your stance leg.
- As you bend your knee, your buttocks should push back behind you and your knee should travel forwards over your toes.
- Keep the pressure on the foam roller with your elevated leg.

10 "BRIDGE" CORE/GLUTEALS STRENGTHENING, WITH BAND; 01

3 SETS / 8 REPS



- Tie a resistance band around both thighs, just above your knees.
- Lie on your back with your knees bent and legs hips-width apart.
- There should be tension in the band.
- Raise your hips up into a bridge, keeping the knees hips-width apart.
- Control the movement back down to the start position, maintaining constant tension on the band.

11 "QUAD SETS" KNEE TERMINAL EXTENSION STRENGTHENING, ANKLE FLEXED, TOWEL UNDER KNEE, SUPINE

3 SETS / 8 REPS / 5 S HOLD



- Lie on your back with your resting leg bent.
- Place a rolled towel under the knee of your affected leg.
- Pull your toes on your exercising leg towards you.
- Clench your thigh muscles, pushing the back of your knee into the towel. You should feel your thigh muscles tighten.
- Hold this position, relax and then repeat.

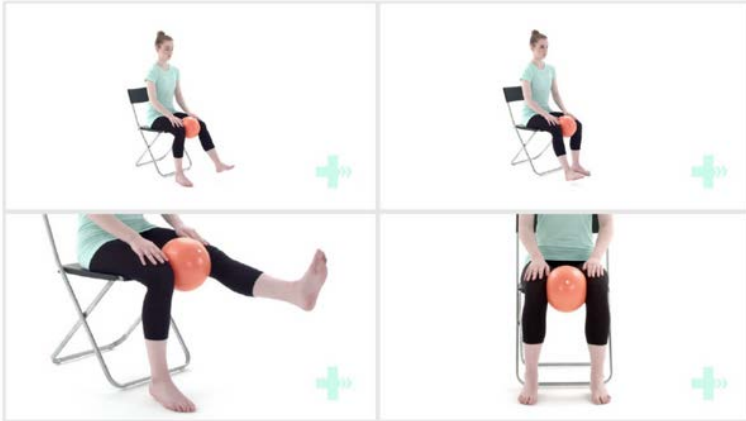
12 'ADL' SIT TO STAND TRANSFER, MINI-SQUATS, TOWARD CHAIR, ARMS FORWARD

3 SETS / 8 REPS / 1 S HOLD



- Squatting helps to strengthen the quadriceps muscle that is very important for many daily activities such as sitting down and standing up from a chair, walking, and climbing stairs.
- Stand upright with a chair behind you, and your arms out in front of you for balance.
- Bend your knees, pushing your hips back behind you and leaning your body forwards, as though you are about to sit on the chair.
- Come as close as you can to the chair without actually sitting on it and make sure that you do not feel unbalanced.
- Be careful to keep your legs away from the back of the chair, so they don't press against it.
- Stand back up, squeezing your buttock muscles to help with the movement.
- Repeat the exercise, making sure you keep your back straight throughout.

13 KNEE EXTENSION STRENGTHENING, WITH BALL SQUEEZE (HIP ADDUCTION), SITTING



3 SETS / 8 REPS / 5 S HOLD

- Sit upright on a chair.
- Place a medium-sized ball between your knees, and squeeze it throughout this exercise.
- Slowly straighten your affected knee.
- Control the movement as you lower the leg back down again, remembering to keep the pressure on the ball throughout.

14 "STEP-UPS" HIP/KNEE EXTENSION STRENGTHENING - SAME LEG; 03



3 SETS / 8 REPS

- Stand facing a step.
- Place your affected leg up on the step.
- Step up bringing your other leg onto the step and then step back down to the start position using the same leg.
- Make sure your knee travels forwards over your toes during this exercise.
- Your affected leg will stay on the step throughout this exercise.

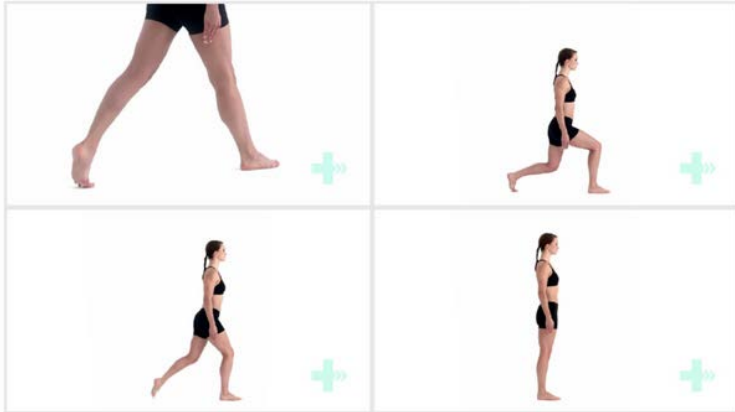
15 "STEP DOWNS" KNEE EXTENSION STRENGTHENING, FORWARD



3 SETS / 8 REPS

- Stand on a step, holding a wall or rail if you need to for balance.
- Step down on your good leg, controlling the movement with your affected leg.
- Keep your affected leg on the step as you bring the good leg back up.

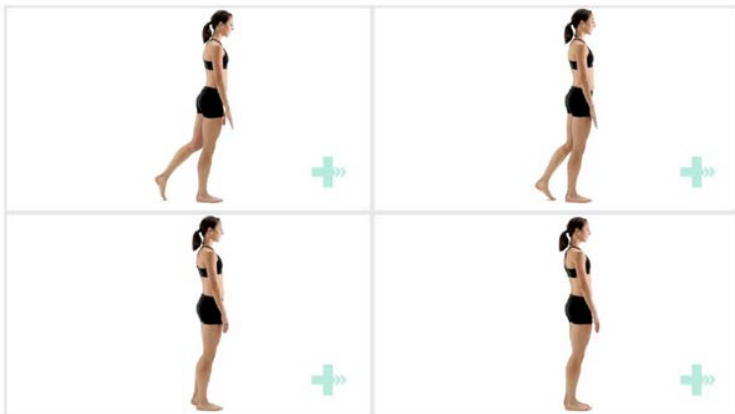
16 LUNGE, ON THE SPOT



3 SETS / 8 REPS

- Take a large step forwards on your affected leg.
- Drop your hips directly down between your two feet.
- Allow both legs and hips to bend, so that your knees are at 90 degrees, your back heel comes off the floor and the shin of your front leg is vertical.
- Push back up to the starting position and repeat.
- Make sure your knees travel directly forwards over your toes at all times.

17 "HIP HINGE, SINGLE LEG" POSTERIOR CHAIN STRENGTHENING, REACHING TO FLOOR; 05



3 SETS / 8 REPS

- Stand on your affected leg with the opposite leg extended behind you.
- Tighten the abdominal and leg muscles as you hinge forward at the waist and raise the back leg.
- Keep your body and leg in line with one another.

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