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<p>Mobility</p> <p>Purpose: increase knee flexion and extension ranges using body weight</p> <p>Key Points: gradually increase deeper bends or shift back and forth to target specific areas</p>	 <p>Child pose to cobra with hips on ground</p>	 <p>Kneel then sit backward with straight leg heel sit</p>	 <p>Side skater lateral lunge left and right</p>
<p>Strength</p> <p>Purpose: focused thigh strength and hip control when one leg in motion add counteract strength imbalances</p> <p>Key Points: move slowly with each rep to control body</p> <p>3 sets x 10 reps</p>	 <p>Center feet on board, lift hips, alternate leg/knee extensions</p>	 <p>Quadruped kneel, 1 leg hip extensions kick back, pad under knee if needed</p>	 <p>Lunges with one foot on board, one foot on ground</p>
<p>Endurance</p> <p>Purpose: train legs to stabilize with twisting motions that often leads to injury during running, walking or rotating body</p> <p>Key Points: try quarter, half and full depth lunge and squats</p> <p>4 reps x 15 second holds</p>	 <p>2 foot bridge, twist board to straighten on leg, push opposite hand on ground</p>	 <p>Lunge hold, running arm posture with opposite knee and elbow forward</p>	 <p>Squat hold, upper body rotation over the knee</p>
<p>Recovery</p> <p>Purpose: release thigh tissues that can cause knee pain from repetitive motions like running, cycling, hiking or long sitting or driving</p> <p>Key Points: breathe deeply for added release</p>	 <p>Quads</p>	 <p>Hamstrings</p>	 <p>IT Band/TFL</p>

Knee Program: Advanced (Knee 2)

<p>Mobility Warm Up</p> <p>Purpose: increase knee awareness with added trunk rotation moves</p> <p>Key Points: gradually increase deeper bends or shift back and forth of very tight areas</p>	 <p>Cobra with knee flexion, look over shoulder</p>	 <p>Straight leg toe touch to tall stand with shoulder rotation</p>	 <p>Side skater lateral lunge then rotate to chest over knee</p>
<p>Strength</p> <p>Purpose: prepare knees for stairs, sit to stand, jump landing with stability of 1 foot strength to be able to hold full body weight during activities</p> <p>Key Points: keep good posture and level head</p> <p>3 sets x 10 reps</p>	 <p>Dip hold, 1 leg alternating knee extension, kick foot forward</p>	 <p>1 foot mini step-down, hold on stable surface if needed</p>	 <p>Lunges with both feet on board</p>
<p>Endurance</p> <p>Purpose: teach knee reaction to rotation and sideways forces common in accidental injuries, tripping, kicking a ball or turning when sprinting</p> <p>Key Points: add shoulder strength to prep for falls</p> <p>4 reps x 15 second holds</p>	 <p>Mountain climber with high knee, hold opposite leg off ground</p>	 <p>1 foot on ground, straight leg hip hinge, push board to rotate, resist motion</p>	 <p>Lateral plank hold, feet on board, hand or elbow on the ground</p>
<p>Recovery</p> <p>Purpose: wake up muscles that shut down from injury or develop loss of function</p> <p>Key Points: add knee and hip motions for deeper release</p>	 <p>Quads</p>	 <p>Hamstrings</p>	 <p>IT Band/TFL</p>