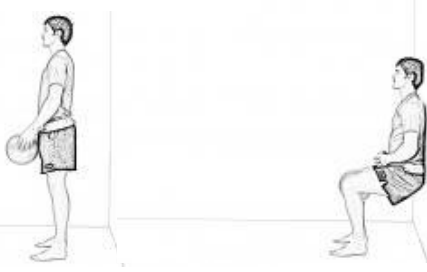


# Knee B Home Program

## 1. Wall Squat



- Have your back supported on a wall and feet slightly in front of you.
- Place a small ball between the legs and squeeze lightly as you lower yourself to bend the knees and hips at 90° just as you were sitting in a chair but with no chair.
- Push through the heels to hold yourself in the position for the required time.
- Keep knees aligned with toes.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 2. Single Leg Wall Squat



- Place the ball between your back and the wall with the supporting foot placed slightly in front of you.
- Slowly bend your supporting knee and roll down on the ball as if you were sitting on a chair, keeping your knee cap in line with your 2nd toe.
- Slowly return to the standing position by pushing through your heel to activate your buttock.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

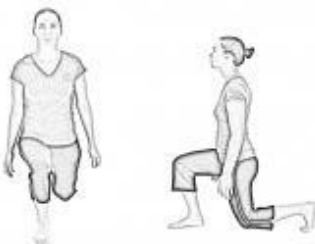
## 3. Strengthening Side Squat



- Stand straight with your feet facing forward and apart.
- Transfer your weight to one leg and bend the knee keeping your knee cap aligned with second toe.
- Straighten the knee and repeat on the other side.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 4. Forward Lunge



- With your knee at hip width, take a step forward and try to get a 90 degrees flexion at the knee and the hip. Keep your torso and your hip stable and the foot aligned with the knee and the hip. Return in control to the starting position and repeat.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 5. Posterior Lunge



- Stand with feet together and step directly backward.
- Once balance is established on both feet, flex the front knee so the trail leg can bend toward the floor.
- At the bottom position, the lead leg is flexed at 90° above the ankle and the back knee is 1-2 (3-5cm) inches off the floor.
- To go back up, push off the floor with the trail foot while extending the knee and hips of the front leg.
- Keep the torso upright during the movement.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 6. Stabilization Side Lunges



- Standing with your feet together and your hands together in front of you.
- Lunge to one side keeping your knee cap over your 2nd toe and a slightly arched back (hips stick back).
- Push through your heels to return to the starting position.
- Repeat on the other side if indicated.
- Landing must be soft and easy on joints.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 7. Step Up and Down



- Stand in front of a set of stairs.
- Place one foot on the bottom step.
- Bring the other foot on the step.
- Lower the first foot back on the floor then the other.
- The sequence should go like this: right up, left up, right down, left down.
- Switch the feet and repeat once the repetitions are done.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 8. Eccentric Quad Tap



- Stand on a small step that and put your heel on a book to elevate it just a bit
- Go down to touch the heel on the ground and lift up without bouncing.
- Keep the knee straight at all time.
- You can put your shoes on to do the exercise.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

### 9. Stabilization Step Down



- Stand up straight on top of a stool with your supporting foot facing directly forward.
- Lower the other foot in front of you and align the knee cap of the supporting leg with the second toe of that foot.
- Step down while maintaining that alignment.
- Return to your starting position by raising your foot back up onto the stool and repeat.
- NOTE: Control your supporting knee from going inward by squeezing your buttocks together.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

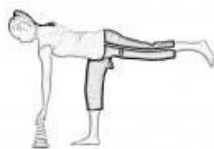
### 10. Fast Feet (Side to Side)



- Stand on the side of a step with one foot on the step and the other on the floor.
- Switch feet by bringing your foot from the floor to the step and the other comes down on the opposite side.
- Repeat quickly in a safe and controlled manner with proper alignment of your knee cap with your 2nd toe.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

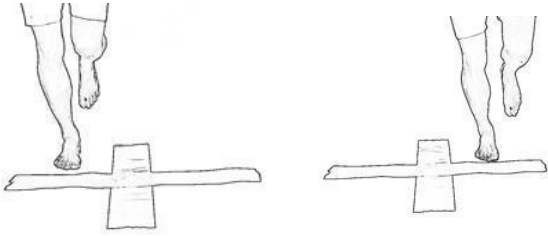
### 11. Cone Pick-Up, 1 Leg



- Stand and bend over on one leg, hinging at the hips and keeping the back straight, to pick up a cone (or any other object) on the floor.

Sets: \_\_\_\_\_ Repetition: \_\_\_\_\_  
Weight: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 12. Single Leg Jumps



- Trace a cross on the floor.
- Stand on one foot and jump to each corner over the cross controlling the knee and ankle at each jump (knee cap aligned with second toe and avoid any lateral movement of the knee.)
- Forwards/Backwards
- Side/Side
- Diagonal
- Square

Sets: \_\_\_\_\_

Repetition: \_\_\_\_\_

Weight: \_\_\_\_\_

Frequency: \_\_\_\_\_

## 13. Trampoline Jumps



- Stand on a trampoline and jump on both legs as high as you can while keeping your balance.
- NOTE: Hold a stable object if needed.

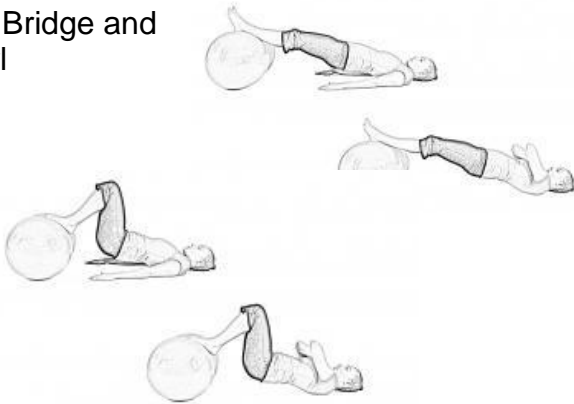
Sets: \_\_\_\_\_

Repetition: \_\_\_\_\_

Weight: \_\_\_\_\_

Frequency: \_\_\_\_\_

## 14. Bridge and Curl



- Lie on your back with your legs straight and ankles on a Peanut Ball.
- Press heels down into the ball, lifting your hips off the ground, and then bend your knees to pull ball up toward your buttocks.
- Return ball to starting position and repeat.
- PROGRESSION: Increase difficulty by lifting arms off the ground.

Sets: \_\_\_\_\_

Repetition: \_\_\_\_\_

Weight: \_\_\_\_\_

Frequency: \_\_\_\_\_

