



My Favorite Exercises to Reduce Knee Pain

My guide to reducing knee
pain in less than 4 weeks



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Most Asked Questions About Knee Pain Answered

The knee is one of the more common complaints that I see in my practice among all age groups. While suffering from knee pain is no fun for anyone, the knee is a fairly simple joint and therefore with the right treatment the vast majority of knee pain can become considerably less or even completely asymptomatic. I have compiled my answers to the most FAQ by my knee patients.

1) Why does my knee hurt on the outside, inside, back or front?

The majority of knee pain, no matter where it is located is at least partially as a result of poor knee mechanics usually stemming from hip and core weakness. The location of your pain does differ depending on any compounding structural issues (i/e torn meniscus or ligamentous injuries). For specific answers to pain location, an individualized and thorough evaluation is necessary.

2) Why does my knee click?

If the clicking is painless, then it is usually due to imbalances in your lower body - tightness and weaknesses. This is very common and easily fixed with the right exercise program.

3) Will physical therapy help my arthritis?

YES!! I see so much improvement with my patients suffering from arthritis. Unfortunately here is nothing that will make the arthritis go away but the combination of physical therapy and holistic supplements help to significantly reduce any symptoms and help to slow the progression of arthritis.

4) What should I stop doing while recovering from knee pain?

This is very individualized but my general guidance is usually to avoid anything that causes pain for the first 2 weeks especially if it causes pain >4/10. Pain is your bodies way of telling you that your knee is getting inflamed and to stop. If you can run and keep your pain under control then I am all for it - but it is important to keep inflammation levels as low as possible at the beginning for the quickest results. Frequent icing and natural supplements helps keep inflammation levels low and can be a great addition to a physical therapy program at the beginning.

5) What shoes should I wear?

Supportive sneakers are King - especially if you are doing a lot of standing or walking.

6) Can I keep exercising or playing sports?

Yes, in fact we prefer that you try to stay active but re-read question #4 about keeping your inflammation levels under control.

7) Do you have any supplement recommendations that can help my knee pain?

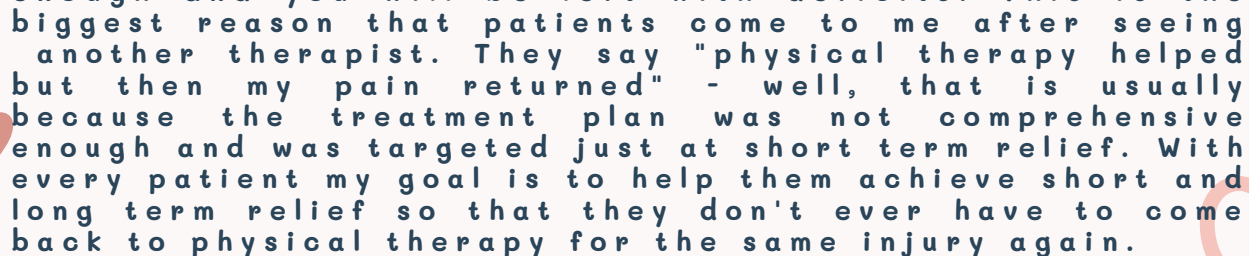
Yes, it took me a long time to find a supplement that I felt I could put my name behind and recommend to my patients because honestly, there is a lot of junk on the market. I recommend Amare Relief+ which is a vegan, all-natural supplement to help lower inflammation and it works wonders. I use it myself instead of reaching for the advil and recommend it to all my patients, especially those who are constantly reaching for the advil or tylenol to get through their day.

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Exercises for Knee Pain

As we have discussed, the root cause of many types of knee pain helps lead us to the right course of treatment - fix the poor mechanics! I realize I am neglecting to discuss more traumatic knee injuries - that is a whole different topic and requires a comprehensive evaluation by your physical therapist. For about 80% of knee pain, at a very basic level, fixing the underlying mechanics is the solution.



When creating customized programs for my patients I always include 3 major categories - mobility, strengthening/stability & balance/proprioception. If your treatment program does not include exercises from all three of these categories then it is not complete enough and you will be left with deficits. This is the biggest reason that patients come to me after seeing another therapist. They say "physical therapy helped but then my pain returned" - well, that is usually because the treatment plan was not comprehensive enough and was targeted just at short term relief. With every patient my goal is to help them achieve short and long term relief so that they don't ever have to come back to physical therapy for the same injury again.

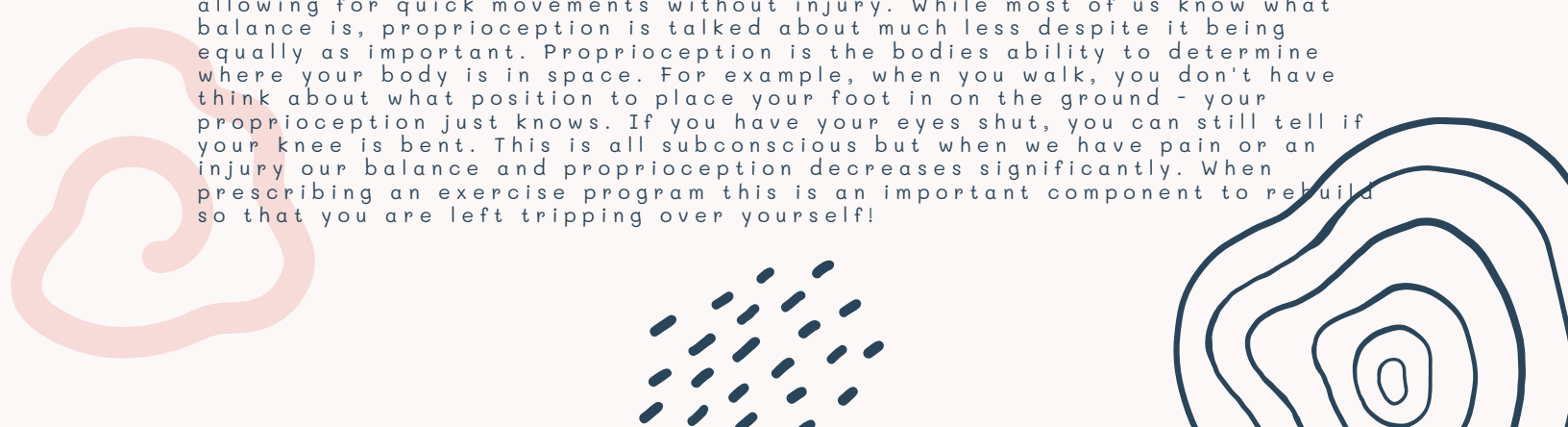
1) Mobility Exercises

When I talk about mobility exercises I am referring to both joint mobility and muscle flexibility. For most people muscle flexibility yields significant improvements in this area - in this guide I will share 4 of my favorite lower body stretches.

2) Stability/Strengthening Exercises

When I talk about stability/strengthening exercises I am referencing exercises that improve the strength (i.e. I can lift 5lbs), the stability (i.e. I can hold a squat position for 30 seconds), and neuromuscular sequencing (i.e. muscle A is correctly firing before muscle B, then muscle C) that goes in to a program. All three types of exercises and an extreme emphasis on form is crucial here to make sure that we are priming the area correctly so return to activities, exercise and sport is seamless and we get those long lasting results we all strive for.

3) Balance/Proprioception Exercises



Balance and proprioception exercises are especially important when we talk about injury prevention, preventing a reoccurrence of an injury and allowing for quick movements without injury. While most of us know what balance is, proprioception is talked about much less despite it being equally as important. Proprioception is the bodies ability to determine where your body is in space. For example, when you walk, you don't have to think about what position to place your foot in on the ground - your proprioception just knows. If you have your eyes shut, you can still tell if your knee is bent. This is all subconscious but when we have pain or an injury our balance and proprioception decreases significantly. When prescribing an exercise program this is an important component to rebuild so that you are left tripping over yourself!

Mobility for Knee Pain

*All stretches held for 30sec, 3 times on each side

1) Hamstring Stretch

- Lay on your back with both legs straight
- Loop a yoga strap/dog leash/old belt/towel around one foot
- Use the strap to pull your leg straight up into the air
- Do not let your knee bend
- **Where you feel it:** in the back of your thigh and sometimes in your calf
- **When to stop:** If you have pain in back, numbness tingling or nerve pain shooting down your leg



2) Hip Flexor Stretch

- Lay on your back at the right edge of the bed and dangle your right leg off the edge of the bed as pictured
- Bend your left knee to protect your back
- Loop the strap around the right foot and use the strap to pull your heel towards your butt
- **Where you feel it:** You should feel a stretch in the front of your hip and upper thigh
- **When to stop:** pain in your back or pain radiating in back of leg and/or calf/foot



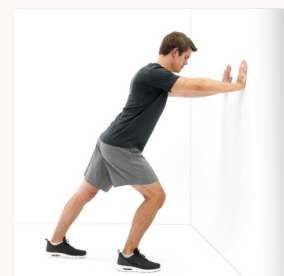
3) Piriformis Stretch

- Lay on your back with both knees bent
- Place your right ankle on your left knee forming a figure 4 as pictured
- Loop your hands through your left thigh and pull your legs towards your chest
- **Where you feel it:** outside of your hip/buttocks
- **When to stop:** Pain in your groin, back or knee, pain shooting down leg



4) Calf Stretch

- Stand facing a wall with one leg in front of the other
- Bend the front knee, keep the back leg straight with toes pointing forwards
- Lean towards the wall
- **Where you feel it:** In your calf
- **When to stop:** pain in front of your ankle

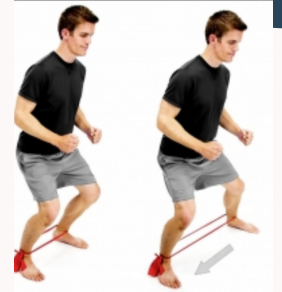


Strengthening for Knee Pain

*Stop if any of these exercises causes you pain

1) Lateral band walks

- Place band around your ankles (knees is easier)
- Start in the ready stance - core engaged, slight bend in knees
- Take steps to the right - think big step with lead foot, small step with back foot
- **Where you feel it:** sides of hips
- **How many times:** 10 steps right, 10 steps left, repeat 3 laps



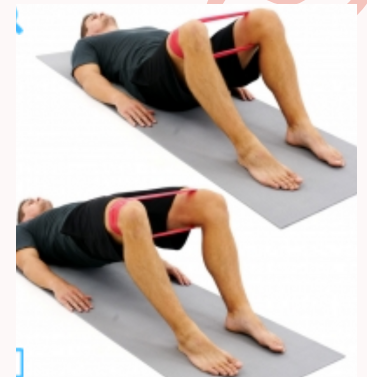
2) Backwards band walks

- Assume same position as side band walks, with band around ankles
- Take a step diagonally backwards with right leg, bring left leg to meet right leg (keep about 6in apart to keep tension on band at all times)
- Alternate walking diagonally backwards
- Turn around and come back - always move backwards
- **Where you feel it:** Butt & backs of legs
- **How many times:** 10 steps down & back, repeat 3 laps



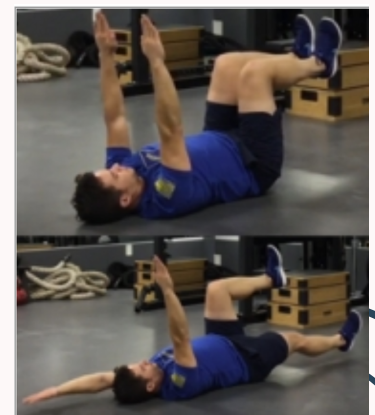
3) Bridge with a band

- Lay on your back with both knees bent
- Place mini-band around your legs above the knees
- Keep feet hip width apart and tension on the band
- Make back flat on the table, squeeze glutes and lift butt up off the table
- Slowly lower back down
- **Where you feel it:** abs, butt, backs of legs
- **How many times:** 3 set of 10 repetitions



4) Deadbug

- Lay on your back
- Raise your arms straight above your shoulders
- Bring hips and knees to table top position
- Make sure core is engaged and back is flat on the floor
- Reach right arm overhead at the same time extending left leg straight
- Repeat on opposite side, alternating
- **Where you feel it:** Abs
- **How many times:** 3 sets of 10 repetitions



Balance, Proprioception for Knee Pain

*Stop if any of these exercises causes you pain

1) Single Leg Balance with ball pass


- Stand on a pillow on one leg
- Non-standing leg should be raised so hip and knee are at 90 degrees
- Hold ball in center of chest
- Pass a light ball around your torso clockwise 10 times and then counter clockwise 10 times
- Make sure knee is not caving in and is staying in line with your hip
- **Where you feel it:** lower leg, hips, core
- **How many times:** 20 repetitions, 3 sets



2) Cone taps

- Stand on right leg facing a small cone
- Keep back straight and hinge at the hips to reach toward the cone with your left arm
- Tap cone and return to standing position without touching left foot to the ground
- Left leg can extend straight behind you as you tap the cone to help with balance
- **Where you feel it:** Butt & backs of legs, outside of hip
- **How many times:** 3 sets of 10 repetitions





Struggling with pain? Feeling down by your injury!

Natural supplementation is a wonderful and extremely effective alternative to over-the-counter and prescription medications that have a laundry list of side-effects.

Three of my favorite supplements for patients suffering from pain and injury to help facilitate recovery:

1) Relief+

- **What it treats:** pain and inflammation, aches, pains
- **What is in it:** All-natural ingredients
 - Turmeric and boswellia for pain relief
 - Scutellaria and catechu for sports recovery and joint health
- **What does the research say?**
 - Reduce joint stiffness within 3 days
 - Reduce joint discomfort within 5 days
 - increase range of motion and physical function within 7 days
 - Assists in sports recovery



2) Mood+

- **What it treats:** Relief from anxious feelings, sadness, restlessness and overall stress relief
- **What is in it:** All-natural ingredients
 - Ashwaghandha- improves mood, stress, focus
 - Kanna- lowers stress hormones, decrease everyday feelings of anxiousness
 - Rafuma- increases serotonin to boost mood and reduce stress
 - Magnolia bark- promote healthy reactions to stress, supports normal adrenal function, promotes calmness without drowsiness
- **What does the research say?**
 - 42% decrease in feelings of anger
 - 20% decrease in feelings of sadness
 - 70% reduction of stress related symptoms

3) Sleep+

- **What it treats:** helps you fall asleep faster, stay asleep longer and experience higher quality, more rejuvenating sleep
- **What is in it:**
 - Corn grass: improves sleep, addresses mental stress
 - 5-HTP- decreases time to get to sleep, number of nighttime wakings
- **What does the research say?**
 - 50% improvement in sleep efficacy
 - 40% improvement in sleep quality
 - 24% increase in REM sleep (brain rejuvenating sleep)
 - 33% fall asleep faster
 - 30% wake up fewer times each night

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Need More Guidance?

Please don't hesitate to contact us and we will help in any way that we can. We offer 60 minute one on one physical therapy services where each of our patients gets the VIP treatment they deserve. We work together with our patients to design highly customized treatments to help you reach your goals as quickly and safely as possible. Sessions are typically covered by health insurance, please reach out to us and we can verify your benefits prior to your first session.



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Disclaimer: By downloading this guide you are acknowledging that you are performing all exercises at your own risk. A formal evaluation has not been completed and therefore we can take no responsibility for an injury or results from this guide. This is a general guide meant for guidance for general knee pain. Please reach out to us directly with any questions or for a formal evaluation if needed.

