

Phase 2

GOOD FOR:

- Reducing knee pain
- Improving knee stability and neuromuscular control
- Early knee and hip strengthening
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps unless otherwise noted
- Tools: resistance loop, physio (exercise) ball, plyo box, dumbbells

Add phase 3 when you have no pain at rest and no more than mild pain (3/10) with the exercises

banded squat

Place a resistance loop above your knees and stand with your feet roughly shoulder width apart. When it comes to foot flare, you can orient your feet straight or turn them out slightly (whichever feels better and allows you to reach the lowest depth without discomfort). To perform the movement, reach your hips back slightly and sit straight down. As you lower into the bottom position, drive your knees outward into the band, keeping your spine in the neutral zone (not excessively arching or rounding) and your knees aligned over your toes. Lower as far as you can while maintaining good form.



knee extension

Sit on a bench or chair with your hips and knees bent to roughly 90 degrees. Slowly extend one knee by flexing your quadriceps muscles. Move with control and try to reach full knee extension with your leg straight. Hold the contraction for 1–2 seconds.



single-leg bridge

Lie on your back with your knees bent and your feet flat on the floor.



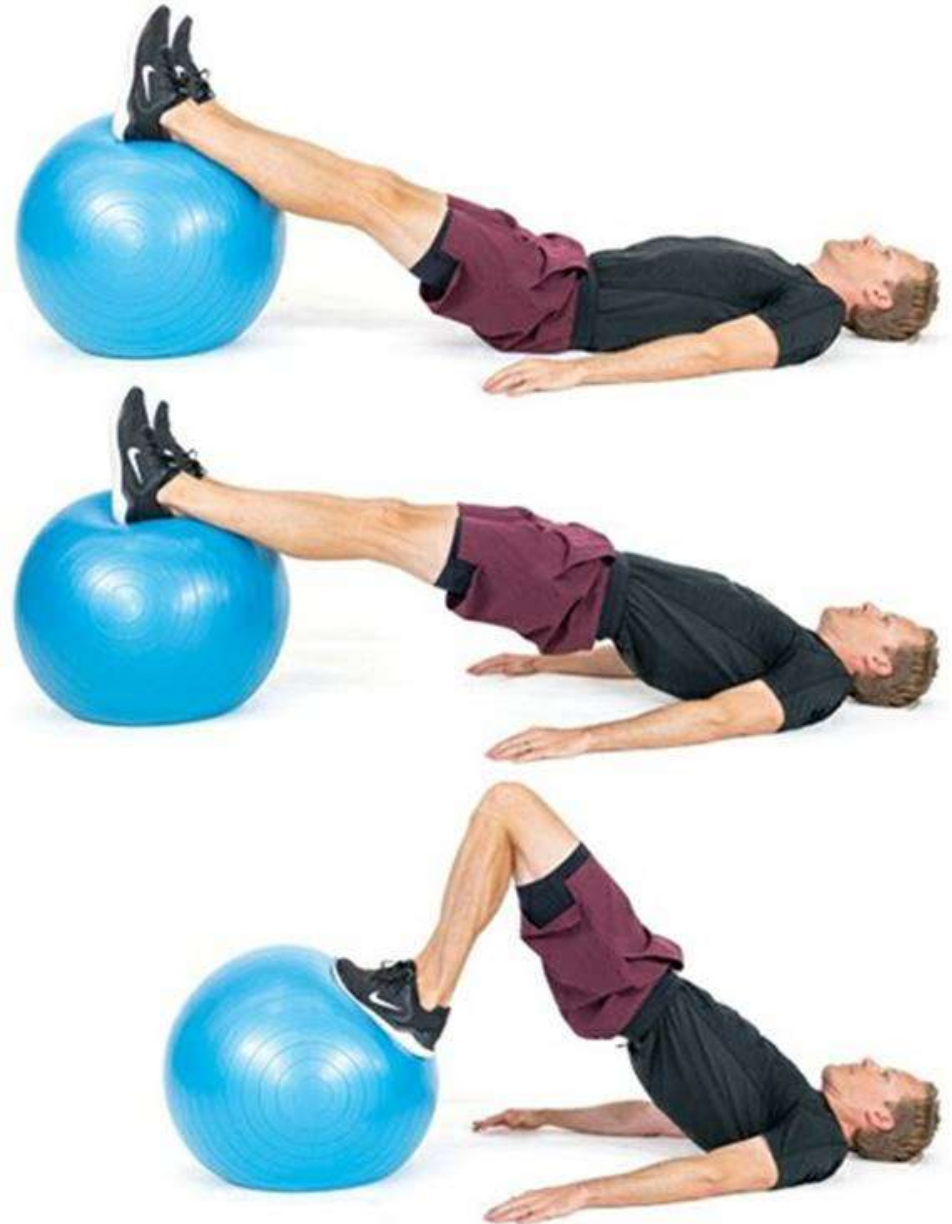
single-leg bridge

Elevate one leg (you can either straighten it or keep it bent at about 90 degrees. Push into the floor and extend your hips). Focus on squeezing your glutes as you reach full hip extension, holding the contraction for 1–2 seconds.



ball hamstring curl

Lie on your back and center your feet on a physio (exercise) ball. Spread your arms slightly and keep them flush with the floor. Drive your heels into the ball and extend your hips. As you reach full hip extension, slowly curl your heels toward your butt.



step-up

Step on a plyo box with your knee aligned over your foot. Without pushing off the floor, shift your weight onto your elevated leg, drive through your heel or mid-foot, and raise your torso and hips in one fluid motion. Progress this exercise by increasing the height of the box or holding a dumbbell.



split squat

Get into a split squat stance: torso upright, slight bend in your lead leg with your shin vertical, and back leg straight. Drop your hips straight down and lower your rear knee to the floor. Driving off the heel of your front foot and the ball of your rear foot, extend your knees and raise your body back to the start position. You can hold one dumbbell to challenge your trunk stability or two dumbbells to add load to the movement.

