

Phase 1

GOOD FOR:

- Alleviating knee pain
- Improving knee stability and neuromuscular control
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Do 3 sets of 10–15 reps unless otherwise noted
- Tools: stretch strap, foam roller

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

Phase 1

heel slide (choose one)

heel slide (with strap)

Hook a strap around your foot. Bend your knee and slide your heel toward your butt, pulling on the strap to assist with the movement. If you don't feel pain, perform the movement without the strap and go as far as you can with no more than mild pain.



heel slide (without strap)

Hook a strap around your foot. Bend your knee and slide your heel toward your butt, pulling on the strap to assist with the movement. If you don't feel pain, perform the movement without the strap and go as far as you can with no more than mild pain.



quad isometrics

Sit with one leg straight. Squeeze your quadriceps muscles (think about straightening your knee as you engage your quads). As you squeeze, you should see your kneecap pull up slightly. Hold the contraction for 10 seconds and repeat 10 times.



short arc quad

Position a foam roller under your knee. Straighten your leg by squeezing your quadriceps. Focus your attention on the working muscles. Move slowly and with control. Hold the contraction for 1–2 seconds.



supine straight-leg raise

Lie on your back with one leg bent, which will help keep you from arching through the low back. Keeping your knee locked, slowly raise your straight leg to just above your opposite knee, then lower it to the floor.



side-lying hip abduction

Lie on your side, rotate your hips toward the floor slightly, and internally rotate your top leg so that your big toe is angled toward the arch of your bottom foot. Lift your top leg up and at a backward angle. Keep your spine neutral and pause in the top position for 1–2 seconds. Reduce the range of motion if you start to arch your back excessively. Add a resistance loop above your knees to increase glute activation and make the exercise more challenging.

