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# Stretching for Knee Pain



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The following exercises are designed to restore flexibility and improve stability of the knee by stretching tight muscles and restoring correct biomechanical movement.

## Instructions

1. The following exercises should be performed **1-2x daily**
2. Hold each stretch for **60 seconds** and repeat **1x each** unless otherwise stated. Repeat on both sides.
3. You should not feel any pain while performing these exercises. Only perform to your ability.

**Disclaimer:** Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

## Quadricep Stretch

Stand using a chair for support. Bending the knee, bring the heel towards the buttocks until you can feel a stretch in the front of the thigh (making sure the knee is pain free). **Hold for 30-60 seconds.**



## Hamstring Stretch

While seated, straighten the leg and keep the heel on the floor. Slowly bring the body towards the leg until you feel a stretch at the back of the leg. **Hold for 30-60 seconds.**



## ITB Foam Rolling

Lie on your side with the foam roller under your hip. Slowly roll down the side of your leg from your hip to your knee and back up.



## Popliteus Release

Laying on the floor with the leg straight, place a small trigger point ball or golf ball under the knee and apply pressure by straightening the knee towards the floor.

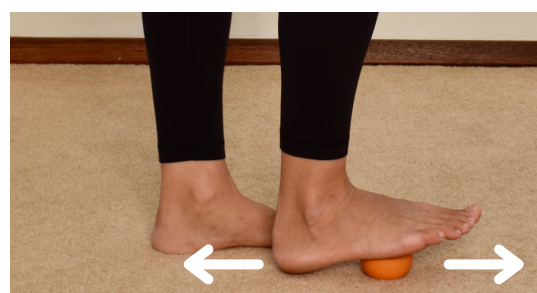


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# Exercises for Foot Pain

## Plantar Fascia Ball Rolling

Using a trigger point ball, roll the underside of the foot working from the base of the toes to the heel.



## Calf Stretching

**Gastroc muscle:** stand with one foot in front, keeping the hands on the chair for support. Keep the back knee straight and your heel on the ground, push the hips towards the chair.

**Soleus muscle:** Same as above but bend the back knee towards the ground.



## Towel Crawling

While sitting, place a towel under your foot and use your toes to scrunch the towel towards you. **Perform 10 reps.**



## Eccentric Heel drops

Start by standing on the edge of a step. Take your weight off the unaffected leg so that your affected leg is supporting your body weight and slowly lower your heel towards the ground. **Hold for 5 seconds.** Use your unaffected leg to bring you back to the starting position. **Perform 3 sets of 10-15 reps.**







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# Strengthening the Knee



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The following exercises are designed to restore flexibility and improve stability of the Knee by strengthening weak muscles and restoring correct biomechanical movement.

## Instructions

1. The following exercises should be performed **1-2x daily**
2. You should not feel any pain while performing these exercises. Only perform to your ability.

**Disclaimer:** Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

## Isometric towel press

While sitting on a flat surface, extend the leg out straight. Place a rolled up towel underneath the knee. Slowly contract the quad muscle (front of the thigh) and push the back of the knee down into the towel. Hold for **10-20 seconds** and then release. **Perform 10x per side.**



## Chair Squats

Stand with your back towards the chair and your feet shoulder distance apart. Whilst pushing your hips back and bending your knees, slowly lower yourself into the chair in a controlled manner. If you are able to, stand back up without using your hands. **Perform 10-15 times.**

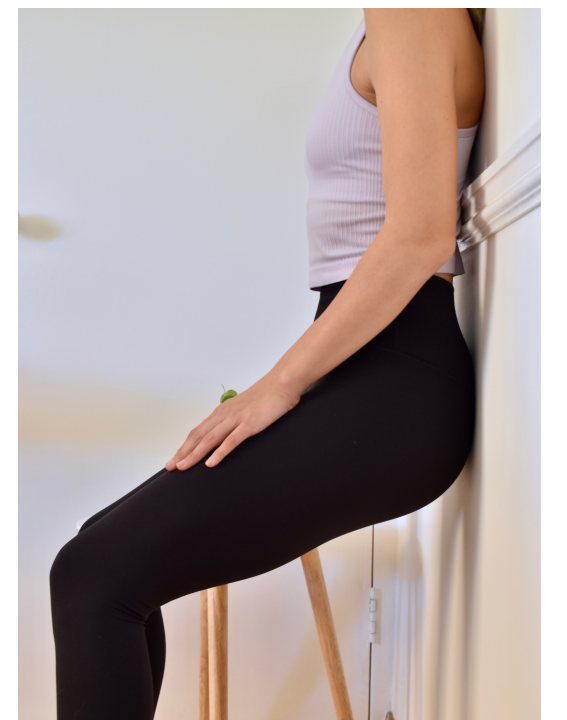
**Advanced version:** Perform using a single leg.



## Mini Wall Squats

Stand with your feet shoulder width apart and your back against a wall. Start to bend your knees and lower yourself towards the ground. Stop when you are 1/4 of the way down.

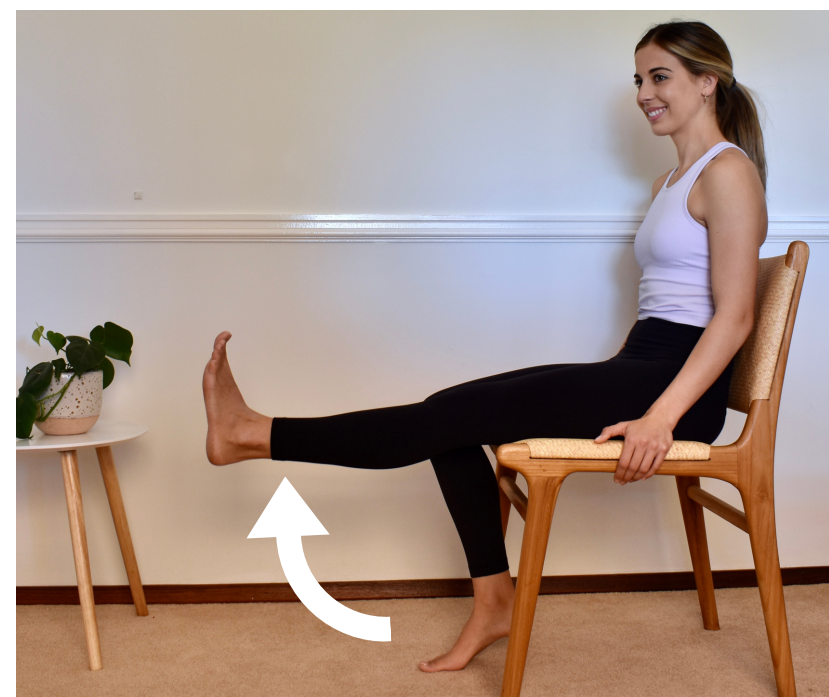
**Advanced version:** lower yourself 1/2 down so that your thighs are parallel to the ground.



## Sitting knee extensions

While sitting, slowly contract your quad muscle and straighten the knee. **Hold for 5-10 seconds** before releasing the leg back down towards the ground. **Perform 3 sets of 15 reps.**

**Advanced version:** add an ankle weight or a resistance band around the ankle.



## Posterior and Anterior Step Downs

**Posterior Step Down:** Start by standing on a small step/box. Slowly lower one leg down behind you towards the floor. Bring the foot back up so that both feet are on the box. **Perform 3 sets of 10 reps.**

**Anterior Step Down:** This is a more advanced version. Start by standing on a step/box. Slowly lower your leg in front of you towards the floor, keeping your torso from bending forward. Bring the foot back up so that both feet are on the box.

**Perform 3 sets of 10 reps.**

