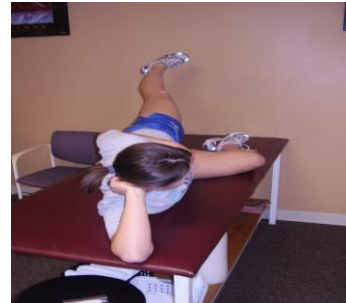


Knee Pain Program Targeting Hip, Pelvis, and Trunk

Perform ____ sets of ____ repetitions for each exercise.

I. Side Lying Straight Leg Raise

Lying on side, kick leg back then raise straightened leg, hold, then lower to starting position. Ankle weights can also be added.



II. Clam Shells

With band around knees and keeping heels touching, move knees apart, with the action coming from the hip.



III. Fire Hydrants

Starting on all fours with band around knees, lift knee out to the side while keeping the hips stable and in place.



IV. Bridges with Knee Extension

Lying on back, lift hips off of table, then extend leg, and return to starting position. Repeat with opposite leg. Advanced position: Place arms across chest then complete as described.



V. Standing Abduction/Extension

Standing with band around effected leg, balance on one foot and move straight leg against the resistance of the band.



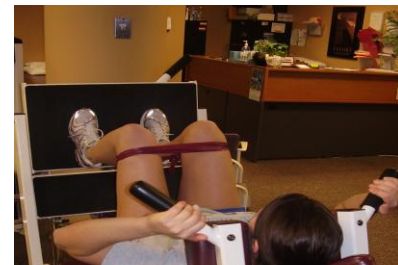
VI. Lateral Step Downs

Standing on 4-8 step with effected leg, lower body at the hip, keeping knees straight and hips level. Then raise up to return to the starting position.



VII. Leg Press

Perform leg press with addition of A Theraband around the knees.



VIII. Wall Squat

With a Theraband around the knees, perform a wall sit/squat. An exercise stability ball may be added to increase difficulty.



IX. Kick Backs

Standing in running stance on effected leg, with Theraband around opposite ankle, kick back, keeping effected knee bent.

