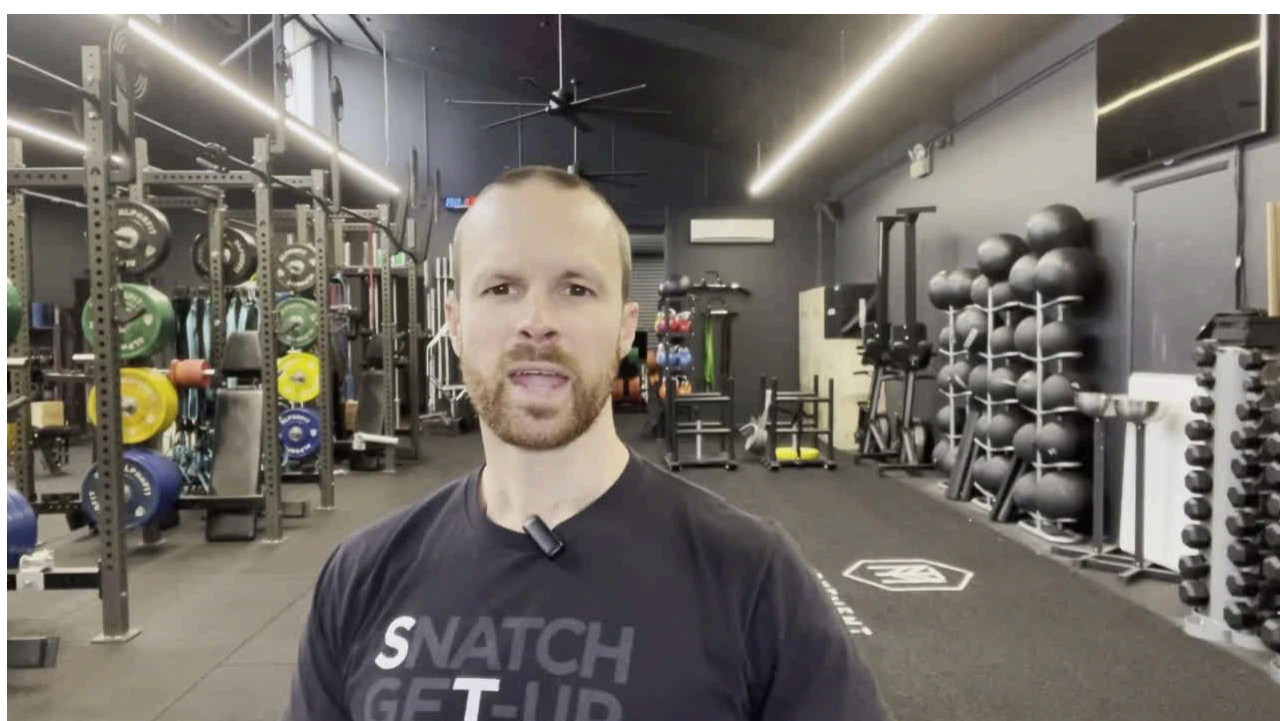


WELCOME TO THE 6 WEEK KNEE RESTORATION & STRENGTH PROGRAM

with Jason Dick



How to use this program

You don't need to have a gym membership but if you do have one even better, I've given "how to" examples for both scenarios.

Equipment you'll need or alternatives:

- Walking Backwards - initially no equipment eventually pulling something you can add load to. This could be a sled in the gym or something you can construct yourself out of an old tyre or wood.
- A bench or couch
- A step or set of stairs
- 2 chairs
- 1 or 2 poles (broom sticks are great)

6 WEEK KNEE RESTORATION PROGRAM

Complete 3 rounds of the following 5 exercises 3 times/week

1 BACKWARDS WALKING

Begin or finish each session with 5-10 minutes of Backwards Walking

Progressions:

- Walking backwards on turned OFF treadmill
- Loaded sled pull
- Walking backwards up hill

SCAN QR CODE FOR EXERCISE DEMONSTRATION VIDEOS



2 ANTERIOR TIBIALIS RAISE

20 repetitions

Points to remember:

1. Hips against wall.
2. Pull toes and foot up off the ground.
3. Keep heels on the ground.



3 REVERSE STEP UP

10 repetitions each leg

1. Start at 1 inch off the ground.
2. Touch heel of one foot to ground in front.
3. Keep load into standing leg heel.



4 SPLIT SQUAT

10 repetitions each leg

1. 1 foot forward, the other back.
2. Upright torso
3. Lower down, push back up.



5 HIP BRIDGE

15 repetitions

1. Hips & knees at 90 degrees
2. Toes pulled back
3. Pull through heels



Enjoyed the program and want to gain more confidence and strength in your body?

Email Jason at jason@earntherightpt.com

