



# **FIX MY KNEE PAIN**

***COMPONENT  
3 EXERCISES***

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## **WORKOUTS**

 **CRITICAL BENCH**.com  
PHYSICIAN DESIGN

**By Rick Kaselj, MS & Mike Westerdal, CPT**

# FIX MY KNEE PAIN

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## NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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# TABLE OF CONTENTS

<i>Exercise Considerations</i> .....	7
<i>Disclaimer</i> .....	7
<i>Preface</i> .....	8
<b>IMPORTANT INFORMATION – STOP AND READ</b> .....	9
Fix My Knee Pain .....	10
Component #3a – Ligament Knee Pain.....	10
Stage 3a – Exercise Table .....	11
Fix My Knee Pain .....	13
Component #3b – Internal Knee Pain.....	13
Stage 3b – Exercise Table .....	14
Fix My Knee Pain .....	15
Component #3c – Knee Cap Knee Pain.....	16
Stage 3c – Exercise Table .....	17
Exercise Legend.....	19
Equipment Needed.....	20
Component #3a – Ligament Knee Pain .....	21
Exercise #1: Walking Straight Ahead (1113).....	21
Exercise #2: Walking with Hip Out (1114).....	22
Exercise #3: Walking with Hip In (1115).....	23





Exercise #4: Side Stepping (1116).....	24
Exercise #5: Forwards and Backwards Walking (1117).....	25
Exercise #6: Walk - Side Shuffle - Jump to the Side (1118) .....	26
Exercise #7: Fast Walking Forward (1119) .....	28
Exercise #8: High Knees (1120) .....	29
Exercise #9: Walk and Cut (1121) .....	30
Component #3b – Internal Knee Pain .....	31
Exercise #10: Front Plank (1122) .....	31
Exercise #11: Side Plank (1123).....	32
Exercise #12: Front to Side Plank (1124) .....	33
Exercise #13: Reverse Plank (1125) .....	34
Exercise #14: Step Up (1126).....	35
Exercise #15: Goblet Squat with Dumbbell (1127) .....	36
Exercise #16: Dumbbell Squat (1128) .....	37
Exercise #17: Dumbbell Deadlift (1129) .....	38
Component #3c – Knee Cap Knee Pain .....	39
Exercise #18: Foam Rolling Groin (1147).....	39
Exercise #19: Foam Rolling Quad - Leg Straight (1132) .....	40
Exercise #20: Foam Rolling IT Band (1134).....	41
Exercise #21: Foam Rolling Gluteus Maximus (1135).....	42
Exercise #22: Foam Rolling Gluteus Medius (1136).....	43
Exercise #23: Foam Rolling Piriformis (1137).....	44

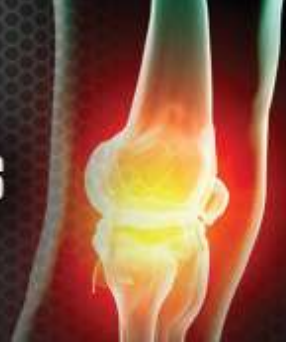


Exercise #24: Standing Hip Flexor Stretch (1139).....	45
Exercise #25: 90 - 90 Hip Flexor Stretch (1140).....	46
Exercise #26: Calf Stretch (1141).....	47
Exercise #27: Hamstring Stretch (1142).....	48
Exercise #28: Single Leg Balance (1143).....	49
Exercise #29: Single Leg Balance with Rotation (1144).....	50
Exercise #30: Single Leg Squat (1145) .....	51
Exercise #31: Single Leg Squat Reaching In and Out (1146) .....	52
<b>FAQ – Frequently Asked Questions .....</b>	<b>53</b>
What if I have a problem or a question? .....	53
Make sure to add news@ExercisesForInjuries.com to your email program.....	53
What if I unsubscribe from your emails?.....	53
What will appear on my credit card for this purchase? .....	53
Will I get anything in the mail? .....	53
<b>About Rick Kaselj.....</b>	<b>54</b>
<b>Other Products from Rick Kaselj .....</b>	<b>56</b>
<b>Ready-to-Download Video Presentations from Rick Kaselj .....</b>	<b>58</b>



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**Edition:** 1st Edition (April 2013)

**Author:** Kaselj, Rick, 1973 –

**Key words:** Knee pain, knee injury, knee pain exercises

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### ***Exercise Considerations***

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

### ***Disclaimer***

***Fix My Knee Pain*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.



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## ***Preface***

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

## ***Pass this Book On***

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Please let me know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.

*Rick Kaselj*



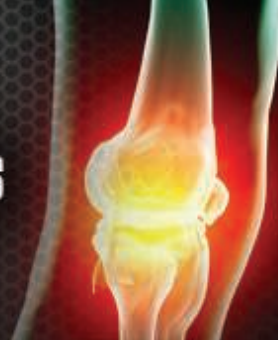
**IMPORTANT INFORMATION – STOP AND READ**



Before you go on, please watch the video presentation that goes with this exercise manual.

The presentations to watch are the Quick Start Guide, Component #1 Internal Knee Reshaping and Component #2 – Outside Knee Reshaping. The video presentation provides much more detail about the program.

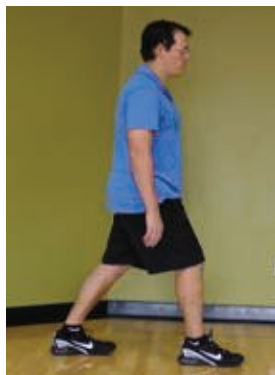
While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation.



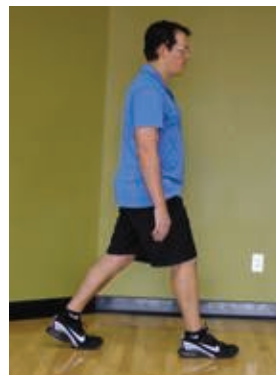
### Component #3a – Ligament Knee Pain



#1 - Walking  
Straight Ahead  
(1113)



#2 - Walking with  
Hip Out (1114)



#3 - Walking with  
Hip In (1115)



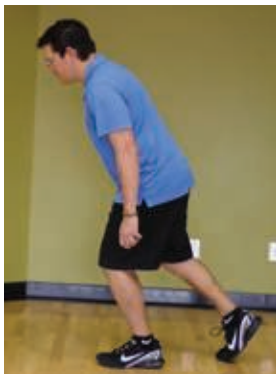
#4 - Side  
Stepping (1116)



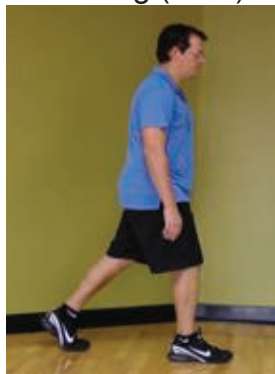
#5 - Forwards  
and Backwards  
Walking (1117)



#6 - Walk - Side  
Shuffle - Jump to  
the Side (1118)



#7 - Fast Walking  
Forward (1119)



#8 - High Knees  
(1120)



#9 - Walk and Cut  
(1121)

# Fix My Knee Pain Exercise Table — Component 3a

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass-word	Sets & Reps
1	1113	Walking Straight Ahead	<a href="http://vimeo.com/60489917">http://vimeo.com/60489917</a>	1111	1 set of there and back for 4 repetitions
2	1114	Walking with Hip Out	<a href="https://vimeo.com/60491255">https://vimeo.com/60491255</a>	18fmkp	1 set of there and back for 4 repetitions
3	1115	Walking with Hip In	<a href="https://vimeo.com/60491930">https://vimeo.com/60491930</a>	18fmkp	1 set of there and back for 4 repetitions
4	1116	Side Stepping	<a href="https://vimeo.com/60497090">https://vimeo.com/60497090</a>	18fmkp	1 set of there and back for 4 repetitions
5	1117	Forwards and Backwards Walking	<a href="https://vimeo.com/60500144">https://vimeo.com/60500144</a>	18fmkp	1 set of there and back for 4 repetitions
6	1118	Walk - Side Shuffle - Jump to the Side	<a href="https://vimeo.com/60502433">https://vimeo.com/60502433</a>	18fmkp	1 set of there and back for 4 repetitions

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Program Exercise Number	Exercise Number	Exercise Number	Video of the Exercise	Pass-word	Sets & Reps
7	1119	Fast Walking Forward	<a href="https://vimeo.com/60558818">https://vimeo.com/60558818</a>	18fmkp	1 set of there and back for 4 repetitions
8	1120	High Knees	<a href="https://vimeo.com/60503846">https://vimeo.com/60503846</a>	18fmkp	1 set of there and back for 4 repetitions
9	1121	Walk and Cut	<a href="https://vimeo.com/60703197">https://vimeo.com/60703197</a>	18fmkp	1 set of there and back for 4 repetitions



### Component #3b – Internal Knee Pain



#10 – Front Plank (1122)



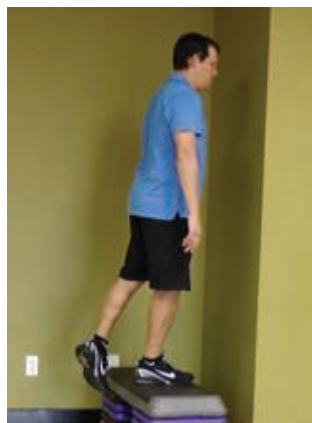
#11 – Side Plank (1123)



#12 – Front to Side Plank (1124)



#13 – Reverse Plank (1125)



#14 – Step Up  
(1126)



#15 – Goblet Squat  
with Dumbbell  
(1127)



#16 – Dumbbell  
Squat (1128)



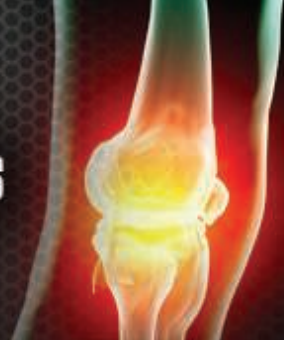
#17 – Dumbbell  
Deadlift (1129)

# Fix My Knee Pain Exercise Table — Component 3b

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass-word	Sets & Reps
10	1122	Front Plank	<a href="https://vimeo.com/60559448">https://vimeo.com/60559448</a>	18fmkp	1 set of 5 repetitions with each held for 5 seconds
11	1123	Side Plank	<a href="https://vimeo.com/60561971">https://vimeo.com/60561971</a>	18fmkp	1 set of 5 repetitions with each held for 5 seconds
12	1124	Front to Side Plank	<a href="https://vimeo.com/60563434">https://vimeo.com/60563434</a>	18fmkp	1 set of 5 repetitions with each held for 5 seconds
13	1125	Reverse Plank	<a href="https://vimeo.com/60571009">https://vimeo.com/60571009</a>	18fmkp	1 set of 5 repetitions with each held for 5 seconds
14	1126	Step Up	<a href="https://vimeo.com/60572429">https://vimeo.com/60572429</a>	18fmkp	1 set of 5 repetitions
15	1127	Goblet Squat with Dumbbell	<a href="https://vimeo.com/60703402">https://vimeo.com/60703402</a>	18fmkp	1 set of 5 repetitions
16	1128	Dumbbell Squat	<a href="https://vimeo.com/60703404">https://vimeo.com/60703404</a>	18fmkp	1 set of 5 repetitions
17	1129	Dumbbell Deadlift	<a href="https://vimeo.com/60703405">https://vimeo.com/60703405</a>	18fmkp	1 set of 5 repetitions





### Component #3c – Knee Cap Knee Pain



#18 - Foam Rolling Groin (1147)



#19 - Foam Rolling Quad (1132)



#20 – Foam Rolling IT Band (1134)



#21 - Foam Rolling Gluteus Maximus (1135)

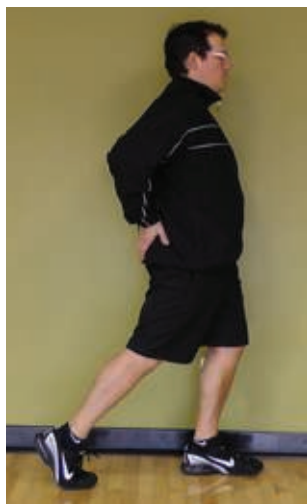


#22 - Foam Rolling Gluteus Medius (1136)



#23 - Foam Rolling Piriformis (1137)

### Component #3c – Knee Cap Knee Pain



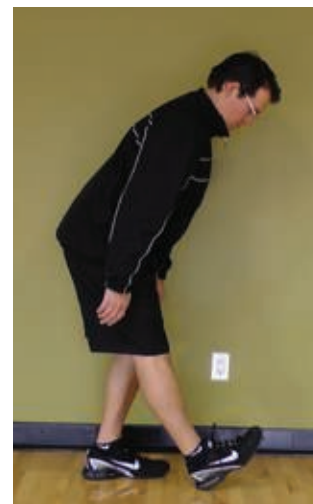
#24 - Standing Hip Flexor Stretch (1139)



#25 - 90 - 90 Hip Flexor Stretch (1140)



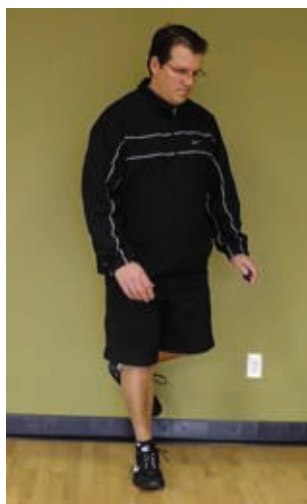
#26 - Calf Stretch (1141)



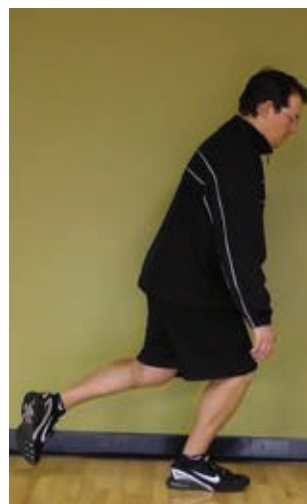
#27 - Hamstring Stretch (1142)



#28 - Single Leg Balance (1143)



#29 - Single Leg Balance with Rotation (1144)



#30 - Single Leg Squat (1145)



#31 - Single Leg Squat Reaching In and Out (1146)



# Fix My Knee Pain Exercise Table – Component #3c

**IMPORTANT - Password for the Videos is in the Column Next to the URL.**

Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass-word	Sets & Reps
18	1147	Foam Rolling Groin	<a href="https://vimeo.com/60704992">https://vimeo.com/60704992</a> / <a href="https://vimeo.com/60704714">https://vimeo.com/60704714</a>	18fmkp	1 set of 5 repetitions
19	1132	Foam Rolling Quad - Leg Straight	<a href="https://vimeo.com/60703407">https://vimeo.com/60703407</a>	18fmkp	1 set of 5 repetitions
20	1134	Foam Rolling IT Band	<a href="https://vimeo.com/60703408">https://vimeo.com/60703408</a>	18fmkp	1 set of 5 repetitions
21	1135	Foam Rolling Gluteus Maximus	<a href="https://vimeo.com/60702474">https://vimeo.com/60702474</a>	18fmkp	1 set of 5 repetitions
22	1136	Foam Rolling Gluteus Medius	<a href="https://vimeo.com/60704176">https://vimeo.com/60704176</a>	18fmkp	1 set of 5 repetitions
23	1137	Foam Rolling Piriformis	<a href="https://vimeo.com/60704178">https://vimeo.com/60704178</a>	18fmkp	1 set of 5 repetitions

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Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Pass-word	Sets & Reps
24	1139	Standing Hip Flexor Stretch	<a href="https://vimeo.com/60704179">https://vimeo.com/60704179</a>	18fmkp	2 repetitions with each held for 20 seconds
25	1140	90 - 90 Hip Flexor Stretch	<a href="https://vimeo.com/60704180">https://vimeo.com/60704180</a>	18fmkp	2 repetitions with each held for 20 seconds
26	1141	Calf Stretch	<a href="https://vimeo.com/60704181">https://vimeo.com/60704181</a>	18fmkp	2 repetitions with each held for 20 seconds
27	1142	Hamstring Stretch	<a href="https://vimeo.com/60704709">https://vimeo.com/60704709</a>	18fmkp	3 repetitions with each held for 30 seconds
28	1143	Single Leg Balance	<a href="https://vimeo.com/60704710">https://vimeo.com/60704710</a>	18fmkp	3 repetitions with each held for 30 seconds
29	1144	Single Leg Balance with Rotation	<a href="https://vimeo.com/60704711">https://vimeo.com/60704711</a>	18fmkp	3 repetitions with each held for 30 seconds
30	1145	Single Leg Squat	<a href="https://vimeo.com/61139493">https://vimeo.com/61139493</a>	18fmkp	1 set of 10 repetitions
31	1146	Single Leg Squat Reaching In and Out	<a href="https://vimeo.com/60704712">https://vimeo.com/60704712</a>	18fmkp	1 set of 10 repetitions

## Exercise Legend

*Below are definitions of what each category is and what it means.*

**Name of the exercise:** The common name used for the exercise.

**Purpose of this exercise:** What the exercise is targeting and what the goal of the exercise is.

**Starting position:** What position you need to set your body into before starting the exercise.

**How to do this exercise:** The key steps in performing the exercise safely and for maximum results.

**Progression:** What the next step is when the exercise is too easy.

**Contraindications & Common Mistakes:** Who should be cautious about doing the exercise, or should not be doing it. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

## Equipment Needed

*Here is a list of equipment that you will need for the exercises:*

- » *Bodyweight*
- » *Dumbbells*
- » *A step*
- » *Foam roller*

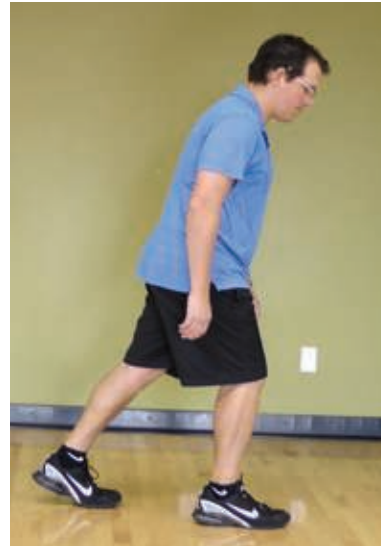


### Component #3a – Ligament Knee Pain

#### Exercise #1: Walking Straight Ahead (1113)



**Start**



**End**

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in the sagittal plane (forward direction).
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Walk forward in a slow and controlled manner for about 10 feet.</li> <li>2. Then turn around and walk back to the start.</li> <li>3. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Progress from walking to fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="http://vimeo.com/60489917">http://vimeo.com/60489917</a> / Password: 1111	

### Exercise #2: Walking with Hip Out (1114)



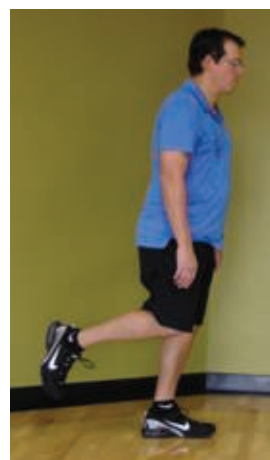
Start



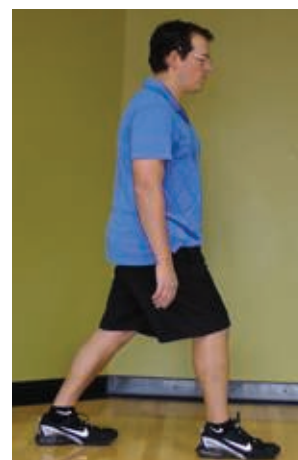
Middle (b)



Middle (c)



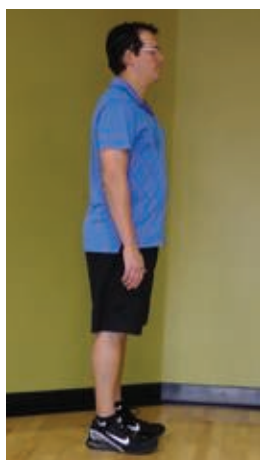
Middle (d)



End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee and to loosen up the hips.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your knee up, out to the side, back and step forward. You are taking your hip through a circular rotation.</li> <li>2. Then perform the movement on the opposite hip.</li> <li>3. Do this for about 10 feet.</li> <li>4. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	Increase the distance up to the width of a football or soccer field (160 feet). Progress the speed that you do the exercise at. Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60491255">https://vimeo.com/60491255</a> / Password: 18fmkp	

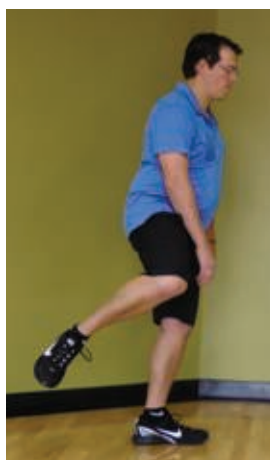
### Exercise #3: Walking with Hip In (1115)



Start



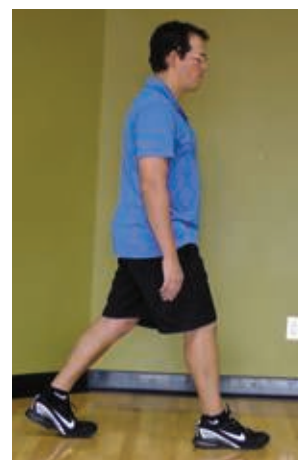
Middle (b)



Middle (c)



Middle (d)



End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee and to loosen up the hips.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your knee back, out to the side, forward and then step forward. You are taking your hip through a circular rotation.</li> <li>2. Then perform the movement on the opposite hip.</li> <li>3. Do this for about 10 feet.</li> <li>4. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	Increase the distance up to the width of a football or soccer field (160 feet). Progress the speed that you do the exercise at. Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately..
Video of this exercise: <a href="https://vimeo.com/60491930">https://vimeo.com/60491930</a> / Password: 18fmkp	



### Exercise #4: Side Stepping (1116)



Start



Middle



End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in the frontal plane (side-to-side direction).
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Side step to one side in a slow and controlled manner for about 10 feet.</li> <li>2. Then return back to the start side stepping in the opposite direction.</li> <li>3. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Progress from walking to fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60497090">https://vimeo.com/60497090</a> / Password: 18fmkp	



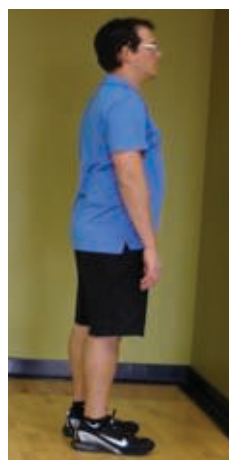
### Exercise #5: Forwards and Backwards Walking (1117)



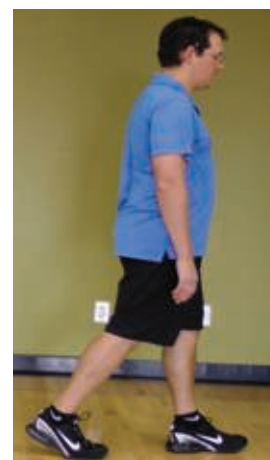
Start



Middle (b)



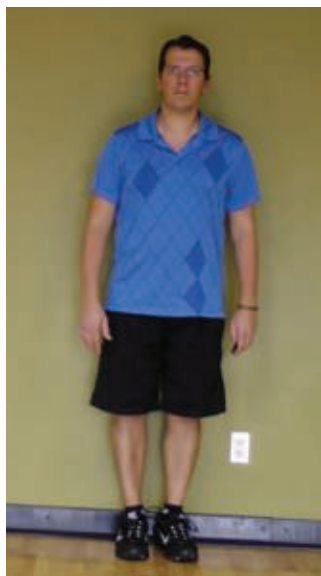
Middle (c)



End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in the sagittal plane (forward and backwards direction).
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Walk forward in a slow and controlled manner for about 10 feet.</li> <li>2. Then walk backwards to the start.</li> <li>3. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Progress from walking to fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60500144">https://vimeo.com/60500144</a> / Password: 18fmkp	

### Exercise #6: Walk - Side Shuffle - Jump to the Side (1118)



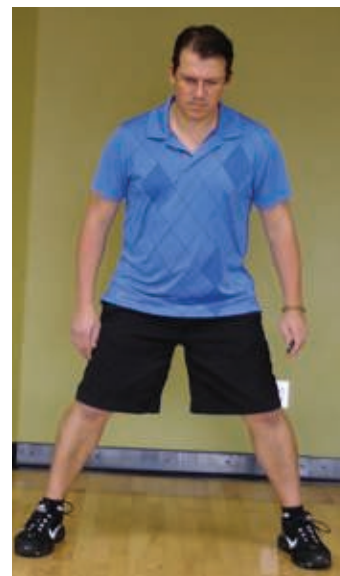
Start



Middle (b)



Middle (c)



Middle (d)



Middle (e)



Middle (f)



Middle (g)



End

### Exercise #6: Walk - Side Shuffle - Jump to the Side (1118)

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in all directions and during jumping.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Walk forward two steps, then side step to the right for two steps and then jump to the right.</li> <li>2. Then do the same thing to the left direction.</li> <li>3. Keep doing this for 10 feet.</li> <li>4. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Start with a small jump and increase the height and distance you jump.</p> <p>Progress from walking to fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts to Jump</b> – If it hurts to jump, just take a big step to the side. In time, progress to a small jump.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately..</p>
Video of this exercise: <a href="https://vimeo.com/60502433">https://vimeo.com/60502433</a> / Password: 18fmkp	



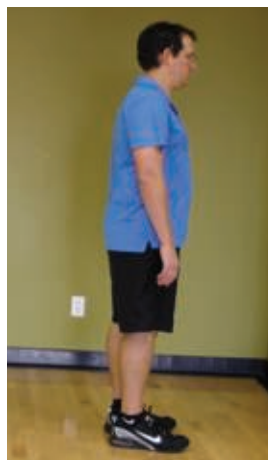
### Exercise #7: Fast Walking Forward (1119)



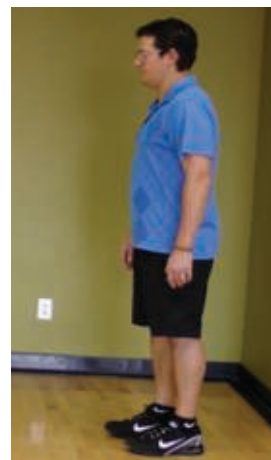
Start



Middle (b)



Middle (c)



Middle (d)

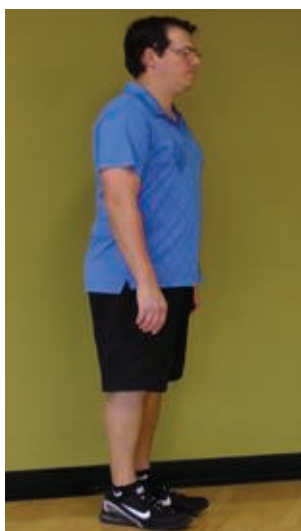


End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in the sagittal plane (forward direction).
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Walk fast in a forward direction for about 10 feet.</li> <li>2. Then turn around and walk fast back to the start.</li> <li>3. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Progress from fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60558818">https://vimeo.com/60558818</a> / Password: 18fmkp	



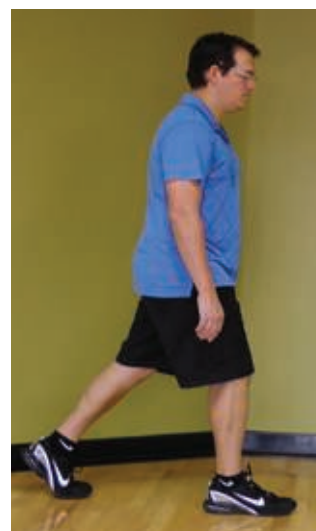
### Exercise #8: High Knees (1120)



Start



Middle



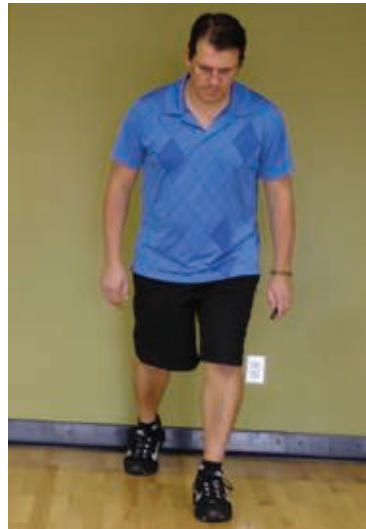
End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee and to loosen up the hips.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift your knee up and step forward.</li> <li>2. Do this for about 10 feet.</li> <li>3. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	Increase the distance up to the width of a football or soccer field (160 feet). Progress the speed that you do the exercise at. Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60503846">https://vimeo.com/60503846</a> / Password: 18fmkp	

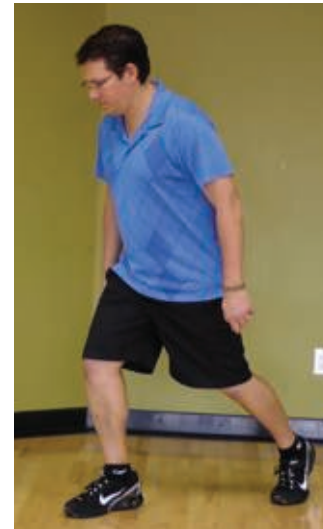
### Exercise #9: Walk and Cut (1121)



Start



Middle



End

<b>Purpose:</b>	To improve neuromuscular re-education of the knee in a cutting movement.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Walk forward in a slow and controlled manner for two steps.</li> <li>2. Then cut at a 45-degree angle.</li> <li>3. Walk for two steps and cut in the opposite direction.</li> <li>4. Continue this for 10 feet.</li> <li>5. Perform for 1 set of 4 repetitions of there and back.</li> </ol>
<b>Progressions:</b>	<p>Vary the angle that you cut at.</p> <p>Increase the distance up to the width of a football or soccer field (160 feet).</p> <p>Progress from walking to fast walking, to running, to sprinting.</p> <p>Progress the surface the exercises is done on. Move from solid floor, to grass, to sand.</p>
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60703197">https://vimeo.com/60703197</a> / Password: 18fmkp	

### Component #3b – Ligament Knee Pain

#### Exercise #10: Front Plank (1122)



Start



End

<b>Purpose:</b>	To improve core stability in the sagittal plane (forward direction).
<b>Starting Position:</b>	Start lying on the floor on your stomach.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Tighten your abdominal area.</li> <li>2. Prop yourself up on your forearms and toes so your body (head, shoulder, hips and ankles) is in a straight line.</li> <li>3. Hold this position for 5 seconds and then return to the starting position.</li> <li>4. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	Increase the hold to 10 seconds. Increase to 10 repetitions. Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60559448">https://vimeo.com/60559448</a> / Password: 18fmkp	



### Exercise #11: Side Plank (1123)

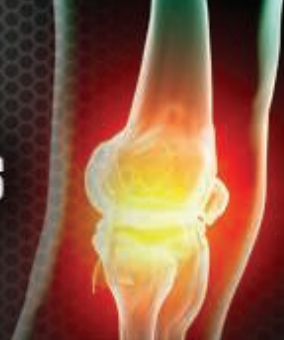


Start



End

<b>Purpose:</b>	To improve core stability in the frontal plane (side to side direction).
<b>Starting Position:</b>	Start by lying on your side.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Tighten your abdominal area.</li> <li>2. Prop yourself up on your forearms and feet so your body (head, shoulder, hips and ankles) is in a straight line.</li> <li>3. Hold this position for 5 seconds and then return to the starting position.</li> <li>4. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase the hold to 10 seconds. Increase to 10 repetitions. Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60561971">https://vimeo.com/60561971</a> / Password: 18fmkp	



### Exercise #12: Front to Side Plank (1124)



Start



Middle (a)



Middle (b)



End

<b>Purpose:</b>	To improve core stability in all three planes.
<b>Starting Position:</b>	Start by lying on your stomach.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Tighten you abdominal area.</li> <li>2. Prop yourself up on your forearms and toes so your body (head, shoulder, hips and ankles) is in a straight line.</li> <li>3. Hold this position for 5 seconds and then move to a side plank.</li> <li>4. Hold this position for 5 seconds and then move back to a front plank.</li> <li>5. Hold this position for 5 seconds and the move to the other side for a side plank.</li> <li>6. Then return to the start.</li> <li>7. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase the hold to 10 seconds. Increase to 10 repetitions. Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60563434">https://vimeo.com/60563434</a> / Password: 18fmkp	

### Exercise #13: Reverse Plank (1125)



Start



End

<b>Purpose:</b>	To improve core stability in the sagittal plane (backwards direction).
<b>Starting Position:</b>	Start by lying on your back.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Tighten you abdominal area.</li> <li>2. Prop yourself up on your shoulder blades and heels so your body (head, shoulder, hips and ankles) is in a straight line and the back of your knees, seat and lower back are off the floor.</li> <li>3. Hold this position for 5 seconds and then return to the starting position.</li> <li>4. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase the hold to 10 seconds. Increase to 10 repetitions. Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60571009">https://vimeo.com/60571009</a> / Password: 18fmkp	



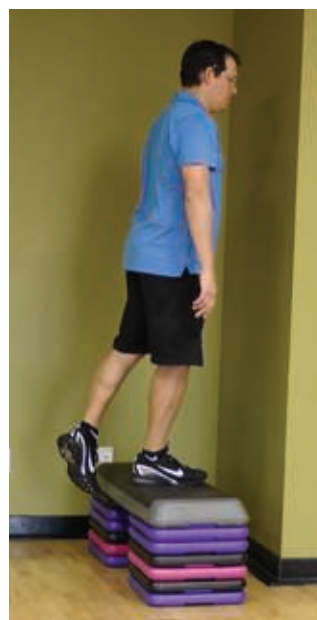
### Exercise #14: Step Up (1126)



Start



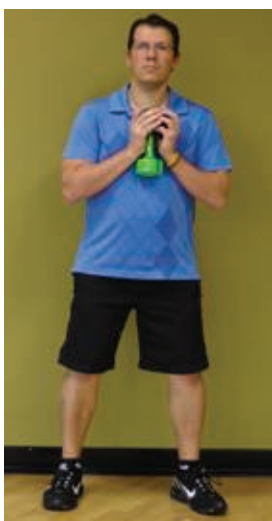
Middle (b)



End

<b>Purpose:</b>	To improve leg strength by focusing on hip dominant movements.
<b>Starting Position:</b>	Start by standing in front of a step.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Step onto the step and focus on the work happening from your hip.</li> <li>2. Move back to the starting position.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase the height of the step. Increase to 10 repetitions Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60572429">https://vimeo.com/60572429</a> / Password: 18fmkp	

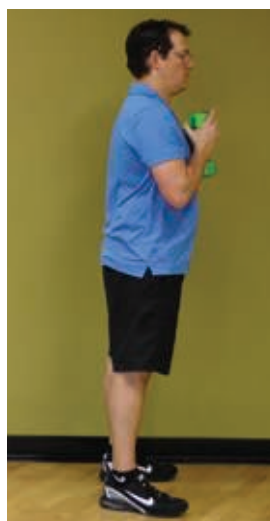
### Exercise #15: Goblet Squat with Dumbbell (1127)



Start



Middle (b)



Middle (c)



End

<b>Purpose:</b>	To improve leg strength in the knee through full range of motion of the knee.
<b>Starting Position:</b>	Start by standing and holding a dumbbell.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Squat down as deep as you can pain free.</li> <li>2. Move back to the starting position.</li> <li>3. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	Increase the depth that you squat. Increase to 10 repetitions Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work. Try to keep your shin as vertical as possible.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60703402">https://vimeo.com/60703402</a> / Password: 18fmkp	

### Exercise #16: Dumbbell Squat (1128)



**Start**



**End**

<b>Purpose:</b>	To improve leg strength in the knee through full range of motion of the knee.
<b>Starting Position:</b>	Start by standing and holding a dumbbell in each hand.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Squat down as deep as you can, pain free.</li> <li>2. Move back to the starting position.</li> <li>3. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	Increase the depth that you squat. Increase to 10 repetitions Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work. Try to keep your shin as vertical as possible.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60703404">https://vimeo.com/60703404</a> / Password: 18fmkp	



### Exercise #17: Dumbbell Deadlift (1129)



Start



End

<b>Purpose:</b>	To improve leg strength in the hip and improving hip movement function.
<b>Starting Position:</b>	Start by standing and holding a dumbbell in each hand.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend at the knees a bit and then bend at the waist while your upper body is in a straight line.</li> <li>2. Move back to the starting position.</li> <li>3. Perform 1 set of 5 repetitions.</li> </ol>
<b>Progressions:</b>	Increase the weight of the dumbbells. Increase to 10 repetitions Increase to 2 or 3 sets.
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work. Try to keep your shin as vertical as possible.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60703405">https://vimeo.com/60703405</a> / Password: 18fmkp	

### Component #3c – Ligament Knee Pain

#### Exercise #18: Foam Rolling Groin (1147)



Start (FRONT)



End (FRONT)



Start (SIDE)



End (SIDE)

<b>Purpose:</b>	To decrease the tension in the groin in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by lying on your stomach with the foam roller just above your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller from you knee to your hip in a controlled manner.</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704992">https://vimeo.com/60704992</a> <a href="https://vimeo.com/60704714">https://vimeo.com/60704714</a> Password: 18fmkp	

### Exercise #19: Foam Rolling Quad - Leg Straight (1132)



Start



End

<b>Purpose:</b>	To decrease the tension in the quadriceps in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by lying on your stomach with the foam roller just above your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller from you knee to your hip in a controlled manner.</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60703407">https://vimeo.com/60703407</a> / Password: 18fmkp	



### Exercise #20: Foam Rolling IT Band (1134)



Start



End

<b>Purpose:</b>	To decrease the tension in the IT band in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by lying on your side with the foam roller just above your knee.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller from you knee to your hip in a controlled manner.</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60703408">https://vimeo.com/60703408</a> / Password: 18fmkp	

### Exercise #21: Foam Rolling Gluteus Maximus (1135)



Start



End

<b>Purpose:</b>	To decrease the tension in the gluteus maximus in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by sitting on the foam roller just above your sit bones (ischial tuberosity).
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller from your seat to the top of your hip in a controlled manner.</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60702474">https://vimeo.com/60702474</a> / Password: 18fmkp	

### Exercise #22: Foam Rolling Gluteus Medius (1136)



Start



End

<b>Purpose:</b>	To decrease the tension in the gluteus medius in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by sitting on the foam roller just above your sit bones (ischial tuberosity) and the foam roller at a 45 degree angle to your body.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller from your seat to the top of your hip in a controlled manner.</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704176">https://vimeo.com/60704176</a> / Password: 18fmkp	



### Exercise #23: Foam Rolling Piriformis (1137)



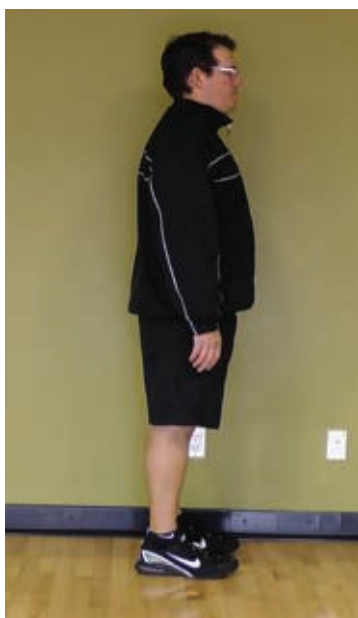
Start



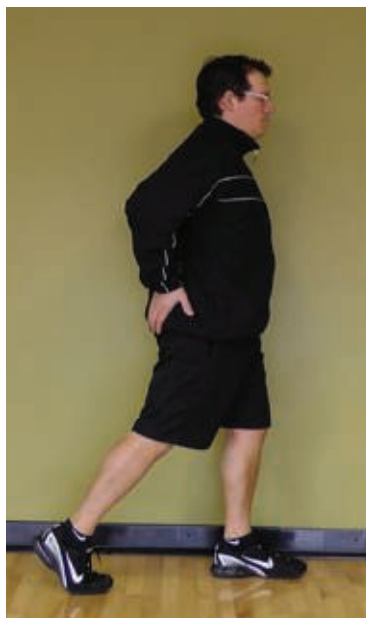
End

<b>Purpose:</b>	To decrease the tension in the piriformis in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start by sitting and the right foot crossed onto the left knee while the foam roller is just above your sit bone (ischial tuberosity) and the foam roller at a 45 degree angle to your body.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Roll the foam roller around your sit bone</li> <li>2. Then roll back to the start.</li> <li>3. Perform 1 set of 5 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 10 repetitions Perform 2 to 3 times during the day
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Deep Massage</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p> <p><b>Mild Discomfort</b> – It should feel like a deep massage. If it is too sensitive, decrease how much of your body weight you are putting into the foam roller.</p>
Video of this exercise: <a href="https://vimeo.com/60704178">https://vimeo.com/60704178</a> / Password: 18fmkp	

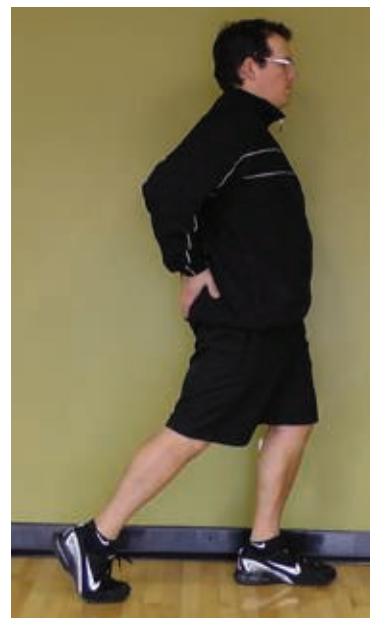
### Exercise #24: Standing Hip Flexor Stretch (1139)



Start



Middle



End

<b>Purpose:</b>	To stretch the hip flexors (muscles in front of the hip) to decrease the stress on the knee.
<b>Starting Position:</b>	Start in standing.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Take a step back. Contract your abdominal area and move your hips forward until you feel a light stretch in the front of the hip of the back leg.</li> <li>2. Hold the position for twenty seconds and then return to the start.</li> <li>3. Perform 1 set of 2 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 3 repetitions Hold the stretch for 30 seconds
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Light Stretch</b> – You should feel a light stretch. A strong stretch will not lengthen the muscle out.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704179">https://vimeo.com/60704179</a> / Password: 18fmkp	

### Exercise #25: 90 - 90 Hip Flexor Stretch (1140)



**Start**



**End**

<b>Purpose:</b>	To stretch the hip flexors (muscles in front of the hip) to decrease the stress on the knee.
<b>Starting Position:</b>	Start in 90 – 90 kneeling position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your abdominal area and move your hips forward until you feel a light stretch in the front of the hip of the back leg.</li> <li>2. Hold the position for twenty seconds and then return to the start.</li> <li>3. Perform 1 set of 2 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 3 repetitions Hold the stretch for 30 seconds
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Light Stretch</b> – You should feel a light stretch. A strong stretch will not lengthen the muscle out.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704179">https://vimeo.com/60704179</a> / Password: 18fmkp	



### Exercise #26: Calf Stretch (1141)



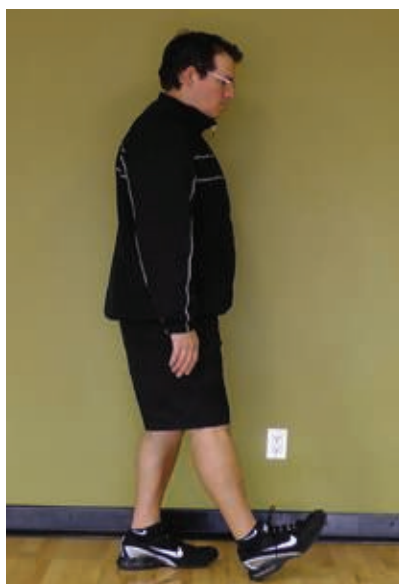
**Start**



**End**

<b>Purpose:</b>	To stretch the hip flexors (muscles in front of the hip) to decrease the stress on the knee.
<b>Starting Position:</b>	Start in 90 – 90 kneeling position.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Contract your abdominal area and move your hips forward until you feel a light stretch in the front of the hip of the back leg.</li> <li>2. Hold the position for twenty seconds and then return to the start.</li> <li>3. Perform 1 set of 2 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 3 repetitions Hold the stretch for 30 seconds
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Light Stretch</b> – You should feel a light stretch. A strong stretch will not lengthen the muscle out.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704181">https://vimeo.com/60704181</a> / Password: 18fmkp	

### Exercise #27: Hamstring Stretch (1142)



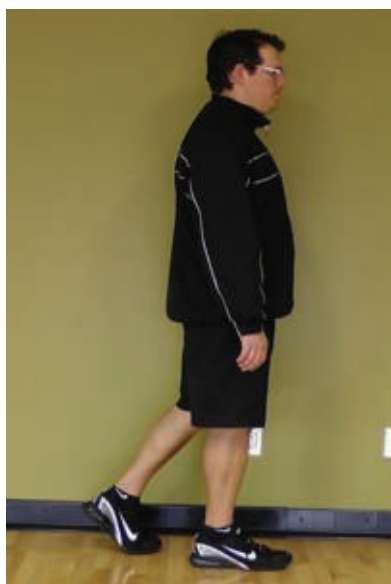
Start



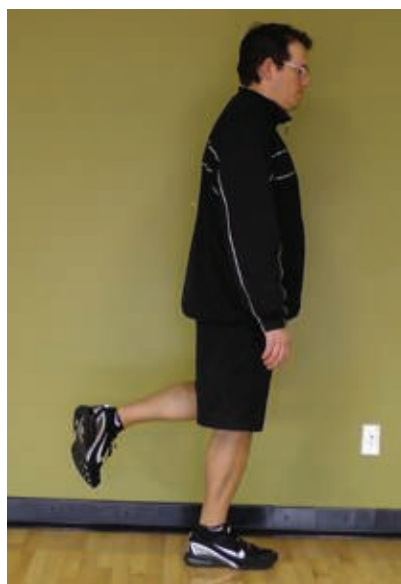
End

<b>Purpose:</b>	To stretch the hamstring muscle in order to decrease the stress on the knee.
<b>Starting Position:</b>	Start in standing with one leg out front.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Bend at the hips until you feel a light stretch in the hamstring.</li> <li>2. Hold the position for twenty seconds and then return to the start.</li> <li>3. Perform 1 set of 2 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 3 repetitions Hold the stretch for 30 seconds
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Light Stretch</b> – You should feel a light stretch. A strong stretch will not lengthen the muscle out.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately</p>
Video of this exercise: <a href="https://vimeo.com/60704709">https://vimeo.com/60704709</a> / Password: 18fmkp	

### Exercise #28: Single Leg Balance (1143)



Start



End

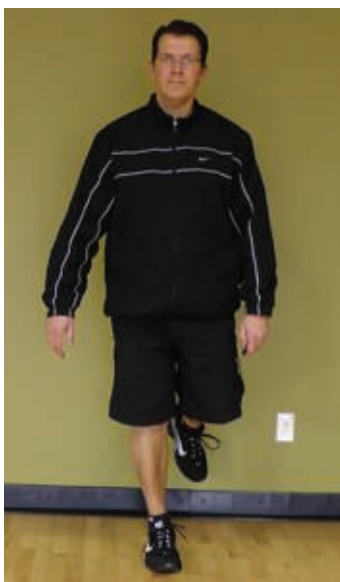
<b>Purpose:</b>	To work on strengthening the hip and work on the balance in the knee and foot.
<b>Starting Position:</b>	Start with standing on one leg with the other leg helping with balance.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift the balance leg up and stand on one leg for 30 seconds.</li> <li>2. Then return to the start.</li> <li>3. Perform 1 set of 3 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 5 repetitions Increase to 2 sets
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60704710/">https://vimeo.com/60704710/</a> Password: 18fmkp	



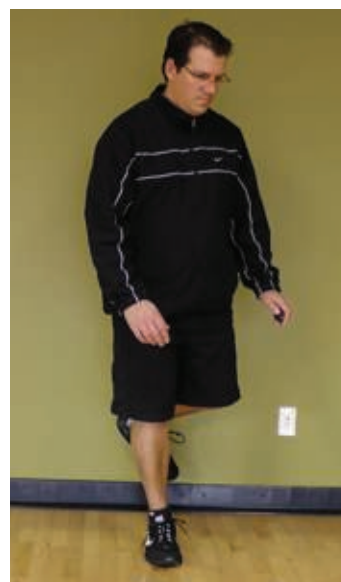
### Exercise #29: Single Leg Balance with Rotation (1144)



Start



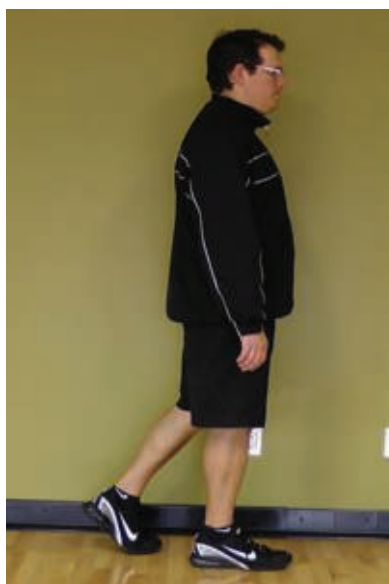
Middle



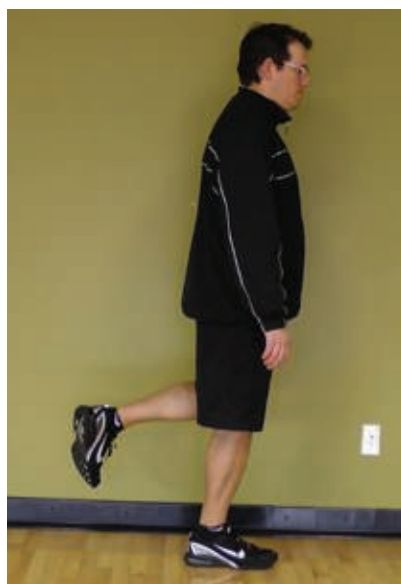
End

<b>Purpose:</b>	To work on strengthening the hip and work on the balance in the knee and foot.
<b>Starting Position:</b>	Start with standing on one leg with the other leg helping with balance.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift the balance leg up and stand on one leg. Now rotate your trunk from side to side for 30 seconds while not rotating in the knee.</li> <li>2. Then return to the start.</li> <li>3. Perform 1 set of 3 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 5 repetitions Increase to 2 sets
<b>Contraindications &amp; Common Mistakes:</b>	<b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: <a href="https://vimeo.com/60704711/">https://vimeo.com/60704711/</a> Password: 18fmkp	

### Exercise #30: Single Leg Squat (1145)



Start



End

<b>Purpose:</b>	To work on strengthening the hip and knee while working on the balance in the knee and foot.
<b>Starting Position:</b>	Start with standing on one leg with the other leg helping with balance.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift the balance leg up and squat down as far as you can on one leg in a slow and controlled manner.</li> <li>2. Hold the end position for a second and return back to the start.</li> <li>3. Perform 1 set of 10 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 2 or 3 sets
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work. Try to keep your shin as vertical as possible.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/61139493">https://vimeo.com/61139493</a> / Password: 18fmkp	

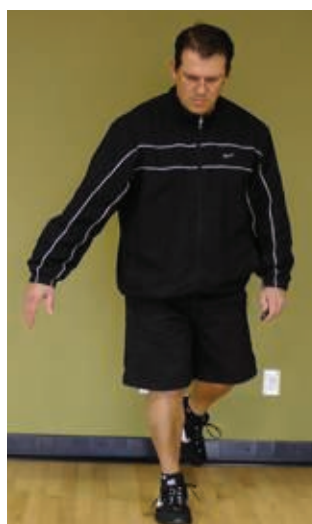
### Exercise #31: Single Leg Squat Reaching In and Out (1146)



Start



Middle (b)



Middle (c)



End

<b>Purpose:</b>	To work on strengthening the hip and knee while working on the balance in the knee and foot.
<b>Starting Position:</b>	Start with standing on your right leg with the left leg helping with balance.
<b>How to Do the Exercise:</b>	<ol style="list-style-type: none"> <li>1. Lift the balance leg up and squat down as far as you can on the right leg in a slow and controlled manner.</li> <li>2. Reach with the right arm to the left.</li> <li>3. Hold the end position for one second then return back to the start.</li> <li>4. Now squat down again, then reach to the right with the right hand and then return back to the start.</li> <li>5. Perform 1 set of 10 repetitions on each side.</li> </ol>
<b>Progressions:</b>	Increase to 2 or 3 sets
<b>Contraindications &amp; Common Mistakes:</b>	<p><b>Hurts Your Knees</b> – Focus on pushing through your heel and have the hips doing the work. Do not rotate through the knee and try to keep your shin as vertical as possible.</p> <p><b>Mild Discomfort</b> – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.</p>
Video of this exercise: <a href="https://vimeo.com/60704712">https://vimeo.com/60704712</a> / Password: 18fmkp	



## FAQ — Frequently Asked Questions

### **What if I have a problem or a question?**

Please email me at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). I will get back to you within 48 hours and when you email, please include your receipt or order number.

### **Make sure to add [news@ExercisesForInjuries.com](mailto:news@ExercisesForInjuries.com) to your email program.**

Please do add [news@ExercisesForInjuries.com](mailto:news@ExercisesForInjuries.com) to your email program. This will allow me to send you updates of the program and other cool stuff.

### **What if I unsubscribe from your emails?**

Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

### **What will appear on my credit card for this purchase?**

What will appear on your credit card is a payment to either "Healing Thro" or "Clickbank."

### **Will I get anything in the mail?**

Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

### **Do you recommend any supplements for joint pain?**

Yes, in fact at the link below you'll find the safest natural ingredients that can greatly help with joint pain.

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Mike Westerdal and I were both personally consulted in the formulation of this product and use it ourselves.

It's called Joint Regen and you can learn more about it here:

<http://www.criticalbench.com/goto/JointRegen>

Since you're a valued Fix My Knee Pain customer you're entitled to use to the following coupon code to save 15% that we had set up for our clients.

When checking out at the site simply enter the coupon code:  
CB15



It will work for your entire order even if you buy other supplements and there's no expiration date. Just do us a favor and don't share it. We want to keep this code active and if too many people start using it we may have to limit its use.

## About Rick Kaselj

**Rick Kaselj, M.S.** (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj is an injury specialist. He has worked in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities become pain-free.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 315 presentations to over 6000 fitness and health professionals across Canada and the USA.

These courses include:

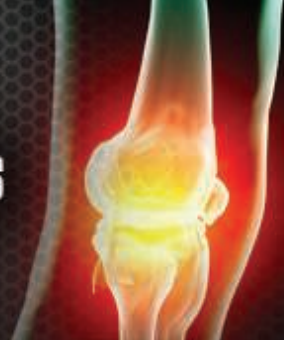
- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf



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Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation guides and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit <http://www.ExercisesForInjuries.com>

## Other Products from Rick Kaselj

To order these books, visit <http://ExercisesForInjuries.com>

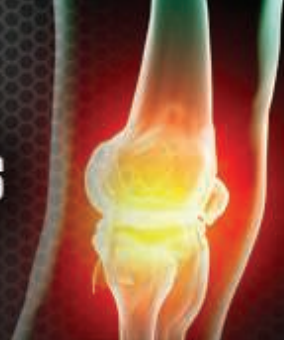


### **Muscle Imbalances Revealed – Lower Body** (Earn 6 CECs)

As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your clients' ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

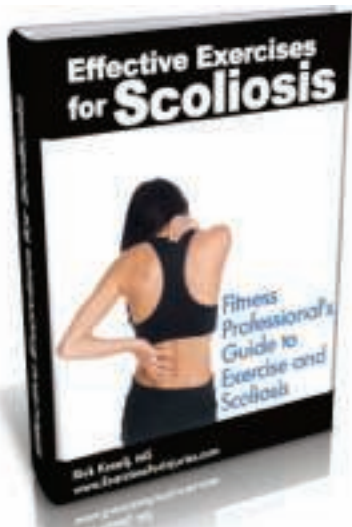
For more information visit - <http://MuscleImbalancesRevealedLowerBody.com>



### **Muscle Imbalances Revealed – Upper Body** (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

For more information visit - <http://MuscleImbalancesRevealedUpperBody.com>



### **The Most Effective Exercises For Scoliosis** (Earn 6 CECs)

Fitness Professional's Guide to Exercise and Scoliosis

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - <http://EffectiveExercisesForScoliosis.com>



## Ready-to-Download Video Presentations from Rick Kaselj



### Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - <http://ScapularStabilizationExercises.com/>



### Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

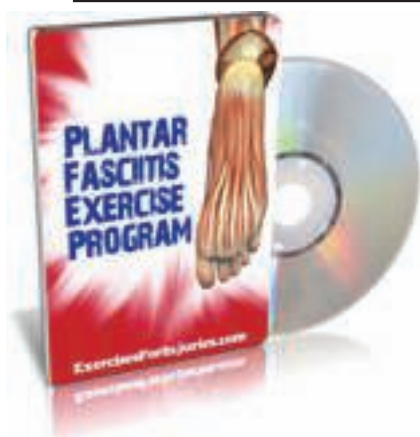
For more details visit - <http://SacroiliacPainSolution.com/>



### Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit - [http://exercisesforinjuries.com/lumbar\\_fusion\\_exercises/](http://exercisesforinjuries.com/lumbar_fusion_exercises/)



### Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - <http://BestPlantarFasciitisExercises.com>

# FIX MY KNEE PAIN

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## Fix My Shoulder Pain

### Get Back To Pain Free Workouts

Fix My Shoulder Pain was created by Injury Specialist Rick Kaselj, MS. Utilizing his trademarked SR3 Method which is short for “Shoulder Reshaping 3-Part Method”, Rick is literally making headlines world wide. Rather than just stretching and strengthening which only provides temporary relief Rick’s Method actually reconstructs the shoulder joint from the outside and inside.

Fix My shoulder Pain and the SR3 Method is the first shoulder injury system ever created to help you get back to pain free workouts by focusing on alignment, tissue quality and activation & endurance. The best part; this program has been specifically designed to help serious fitness enthusiasts who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

Get Back To Pain Free Workouts By Fixing Your Shoulders Without Appointments, Medications or Surgery