



HEALTHY KNEES
COACH

with Coach Robin Robertson

SAVE YOUR KNEES CHEATSHEET - Do these 3 things now!

We understand what it feels like to have knee pain. You might be afraid of making it worse and have stopped doing the things you love. We want to help you get back to an active life. Start with these 3 essential elements to improve your knee health. If you want more help with a specific program designed for knee pain relief, check out www.healthykneesformula.com.

1

GET STRONGER- with foundational moves

Strengthening your knee is not just about your knee. It involves the whole kinetic chain starting at your feet on up to your core.. It is important to start with fundamental moves to build the foundation for proper movement. Some of your knee pain may be coming from a weak muscle or muscle imbalance. Strength train 2 days per week with at least a day rest in between. Start with body weight exercises and as you get stronger, use resistance bands or weights. Healthy Knees Strength book has a detailed training plan with a description of all exercises.

Ankle Calf Dominant (focus on ankle stability and shin/calf strength)

- Heel Raises

Knee Dominant (focus on muscles directly affecting knees)

- Terminal Knee Extension
- Sit to Stand progression, leading to Squats
- Step Ups and Step Downs

Hip Dominant (focus on muscles directly affecting hips)

- Hip Hinge progression, leading to Deadlifts
- Side leg lifts (targeting gluteus medius and minimus)

Core Dominant (muscles that support your hips and spine)

- Standing Anti-Rotation (Pallof Press)
- Suitcase Holds
- Bird Dogs

Practice Balance

- Tandem feet progression standing still to moving feet and head
- Single leg balance advancing to Tree and "T" pose

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2

MOVE MORE - the secrets to the right way

Motion is Lotion! Moving your knee the right way is important to maintaining healthy function. Achy knees with little activity can start to feel like a rusty hinge. Knees that have taken a pounding from sports can feel painfully abused. We want you to get moving in a way that works the knee but doesn't irritate it. We recommend riding a bike which is no impact, not weight bearing, and has no lateral movement.

Start with low resistance and a pedal speed of no slower than 60 RPM and no faster than 110 RPM. How you set up your bike is critical to knee comfort. For all the "how to" details, read the "Healthy Knees Cycling" book.

No Impact: Every time you take a step, the impact force is magnified through your knee by 2 - 3 times your body weight. When you run, its 5-9 times your body weight. This can be very painful and damaging for your knees! Choose an activity that is no to low impact:

- Bicycling
- Rowing Machine
- Swimming
- Elliptical (low impact)nee Dominant (focus on muscles directly affecting knees)

No Weight Bearing: When you are standing, your body weight goes through your knees to your feet and this adds pressure in your knees for every thing you do. When seated, your body weight is supported by your butt and that leaves your knees free to move without the extra pressure.

- Bicycling
- Rowing Machine
- Swimming (water supports body and provides resistance)

No Lateral Movement:: Sometimes sided to side movement can bother your knees. Even in swimming, if you have any looseness in the joint, you may feel your knee wobble.

- Bicycling
- Rowing Machine

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3

BE CONSISTANT and have a Can-DO attitude

In order to get results, you've got to do the work consistently. This is a fix that can last the rest of your life as long as you keep at it. It's a little like brushing your teeth; you can't save it up and you have to brush regularly to get the results. Even just 2X per week strength and 2X per week cycling will start you feeling better. Breaking apart bad habits and re-learning foundational moves will help you to move easier. Taking care of your body is something that needs attention and respect on a consistent basis.

How Often?

For shorter sessions (20-30 minutes), you can combine the strength and movement sessions on one day. Once you start building in time, (45-60 min per session) alternate strength and movement days.

GET STRONGER (strength training)

- 2X per week
- Take at least 1 or 2 days between sessions

MOVE MORE (Cardio training cycling, rowing, swimming, elliptical)

- 2X per week
- Take at least 1 day between sessions
- Start with 10 - 20 minutes and work up to 30 minutes or more
- Can alternate cardio training with easier paced walking

CAN-DO ATTITUDE

You CAN make a difference in your knee health. Not only do we believe in you, but more importantly, we want you to believe in yourself. Your attitude and what you say to yourself makes a difference with how things turn out.

I heard a saying once "What you think is where you go" and find that to be so true. If you think you can, you are way more likely to succeed than if you think you can't. Believing that you can make a difference in your body and in your health is a very powerful part of your own success.

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