

4 EXERCISES TO RELIEVE

KNEE PAIN

SENSORY BATH⁰¹

1. Sit on a comfortable surface where you have easy access to your knee
2. Grab a vibrating toothbrush, neuro-wheel, or paintbrush
3. "Brush" your knee in long circular movements using your modality of choice
4. Continue for 30 - 60 seconds, repeat 3 times per day



02 KNEE CIRCLES

1. Start by bringing one leg forward and dropping into a shallow lunge
2. Let your knee bend as much as you can allowing your knee to come forward over your toes
3. Bring your knee in over the inside of your foot
4. Straighten your knee fully
5. Bring your knee out to the side with your knee over the outside of your foot
6. Return to starting position
7. Repeat for 8-10 reps, 3 times per day
8. Reverse steps 5-2
9. Repeat for 8-10 reps, 3 times per day



FEMORAL NERVE GLIDE⁰³

1. Begin in a lunge position on the ground (can elevate back leg with a block for an additional stretch)
2. Shift your hips forward as you feel a more intense stretch in the hip and thigh of the leg that is on the ground
3. Extend your back and rotate your trunk away from the leg you are stretching
4. Hold this position as you perform anterior and posterior pelvic tilts
5. Perform this floss 10-15 reps, 3x/day or as tolerated



04 QUAD ISOMETRIC

1. Begin by setting up a knee extension machine with your chosen weight; keep in mind you will be performing this exercise one leg at a time
2. Extend your knee to one third of your full range of motion and hold for 3 seconds
3. Extend your knee to two thirds of your full range of motion and hold for 3 seconds
4. Extend your knee fully and hold for 3 seconds
5. Return to starting position
6. Repeat 5 reps; complete 3 sets; 3 times per week

