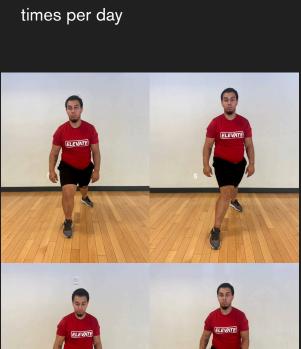
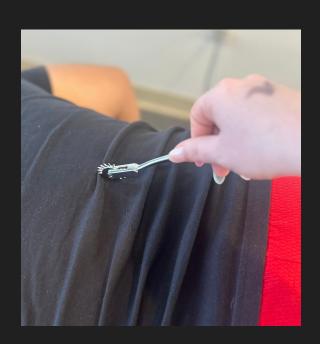
KNEE PAIN

SENSORY BATH 01

- 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





O2 KNEE CIRCLES

- 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 GLIDE 03

- 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