



PHYSICAL THERAPY & PERFORMANCE

KNEE HEALTH

FOR FITNESS ATHLETES

**Brought to you by the
Doctors of Physical Therapy of
Evolv Physical Therapy & Performance**

Table of Contents

Welcome and What to Expect3

Knee Self-Treatment Exercises for Fitness Athletes4-7

 Banded Anterior Hip Opener 4

 Quad Lacrosse Ball Mobilization..... 5

 Adductor Mobilization (Lacrosse Ball/Kettlebell)..... 6

 Bretzel Stretch 7

Want More?8



Welcome!

Thanks for joining us as we dive into knee health for fitness athletes. We're excited that you have trusted us and have decided to check out more about how you can continue to stay active, healthy and thriving. Check out the content and let us know what else we can do to help you. And as always, remember to...

Train. Recover. *Evolv.*

What to Expect...

The purpose of this ebook is to give you a few of our favorite knee self-treatment exercises Fitness Athletes. These exercises are great for full mobility and moving freely throughout your lower body.

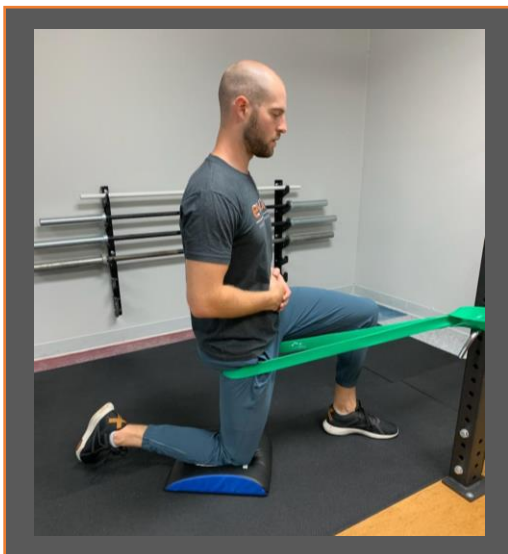
Use these movements as tools to help you improve your knee health and get back to doing what you love at the gym!



Knee Self-Treatment Exercises

Banded Anterior Hip Opener

- Loop the band around an upright. Step into the band and slide it up to the back of your hip.
- Step back to put strong tension on the band and kneel down on one knee with the other leg in front of you.
- Keep your trunk/chest upright. Squeeze your butt cheek tight to push your hip forward.



- Hold this stretch for 1-2 min.
- You can preposition your foot into rotation one way or the other (as desired) to obtain a stretch in a different portion of the front of the hip.



Quad Lacrosse Ball Mobilization

- Lay on your stomach with a lacrosse ball under your thigh, a couple of inches above your knee (low quad).
 - With the weight of your relaxed leg on the ball, pump your knee toward your butt.
- Complete this pumping motion 5-10 times.

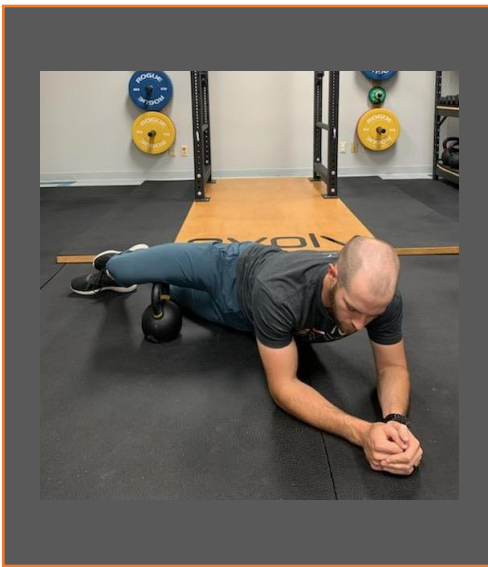


- Repeat this sequence at the middle of the thigh (mid quad) and 6-8 inches down from your hip bone (high quad), pumping 5-10 times at each spot.
- After the pumping sequence, go back to each spot (low quad, mid quad, high quad) and roll back and forth across the muscle belly. Complete this rolling movement 5-10 times at each spot.



Adductor Mobilization (Lacrosse Ball/Kettlebell)

- This mobilization is very similar to the quad mobilization above, just on the inside of the thigh instead of the front. We often use a kettlebell (KB) for ease of setup.
- Lay on your stomach with your hip and knee elevated on top of a KB with the weight of your relaxed leg on the KB, pump your knee back and forth.

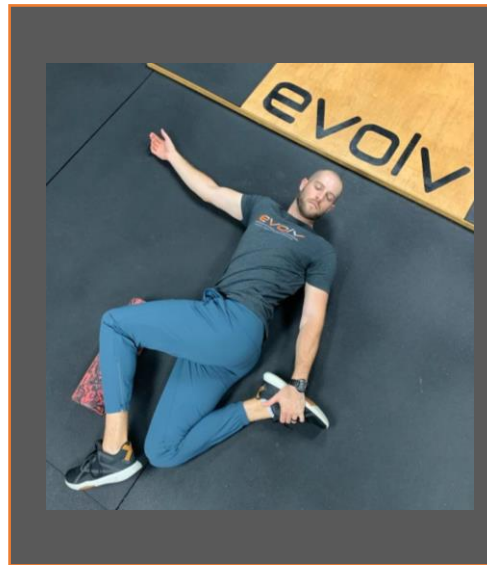
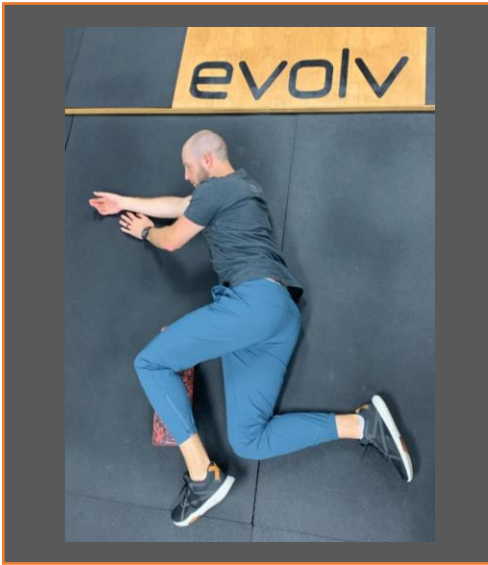


- Begin about 1/3 of the way from your knee to your groin (low adductor). Complete the pumping motion 5-10 times.
- Complete the pumping sequence at your mid adductor and high adductor (a couple of inches down from your groin).
- You can also gently rock back and forth if this feels better than the knee pumping motion.



Bretzel Stretch

- Lay on your side with one leg in front of you and one leg behind.
- Place your front knee on a foam roll or similar object. Bend your back knee and grab your ankle/foot.
- Breathe in deep and exhale. When you exhale, let your shoulder relax down to the floor.



- Keep your front knee actively pressed into the foam roll. Maintain this the whole time.
- Complete 2 sets of 5-10 slow, easy breaths on each side.
- Focus on letting your upper body and shoulder relax down to the floor to obtain a greater stretch and increased mobility with each breath.



Want More?

We can help with that. We love working with people that want more!

We offer lots of ways to help you achieve more...

- **Contact us to setup your Initial Evaluation**
 - **Evolv Physical Therapy & Performance Clinic - Grafton**
 - **Dr. Matt Paluchniak(262) 235-3585**
 - **matt@evolv-pt.com**
 - **BrewCity CrossFit – Milwaukee**
 - **Dr. Erik Gregersen(314) 283-4459**
 - **erik@evolv-pt.com**
 - **www.evolv-pt.com**
- **Attend one of our workshops at our Grafton clinic or a gym near you**
- **Contact us about other issues that you are having with your workouts or at the gym so that we can help get you back to doing what you love without nagging injuries or worries**
- **Follow us on social media using the icon links at the bottom of each page for frequent content, updates and more!**
- **And as always, remember to...**

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