



Knee pain smart card

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



Knee Bends

Stand tall, balance on one leg and flick your heel behind you towards your buttocks. Repeat on the other side. Repeat 10 times.



Leg Twists

Stand tall, lift one foot off the ground, knee at 90degrees in front of your body. Move your heel from side to side, warming up the knee and hip joint for 15 seconds. Repeat with opposite leg.



Leg Outs

Stand tall, activate your core. Lift one leg directly out to the side (keep torso upright) squeezing your buttocks muscle. Repeat 10 times on each side.



Safe Spine Squats with Punch

Stand tall, feet shoulder-width apart. Bend at hips and knees, weight through the heels, keeping chest up. Your knee cap should never go past your toes. Heels shouldn't come off the ground, don't go lower than 90 degrees. Repeat 10 times with punches.



Thigh Stretch

Stand and touch the wall for balance. Grasp ankle or forefoot of one leg. Pull foot towards your buttock, keep knees aligned. Hold stretch for 15 seconds. Repeat with opposite leg. Feel the stretch down the front of the leg.



Hamstring Stretch

Stand with one leg out in front of you. Heel down, toe pointing up. Bend back leg, tip from the hips. Place hands on the back leg if you need balance. Lead with the chest. Hold for 15 seconds, repeat on the other leg. Feel the stretch down the back of the leg.



Calf Stretch

Stand with one leg extended back behind you with legs straight. Both feet are facing forward. Bend front knee and lower body forward slightly, until you feel the stretch in the back leg, your back heel must be on the ground. Hold for 15 seconds. Repeat on both legs.

IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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