



# HEALTHY KNEES COACH THE 4 BUILDING BLOCKS FOR STRONG & STABLE KNEES

Strengthening your knees involves more than just pushing weights and working on the muscles attached only to your knees. When you are putting together a plan to get stronger, be sure to include all four building blocks to have a well-balanced approach to your knees.

## 1

### MOVEMENT FOUNDATIONS

Movement Foundations provide the cornerstone of how we move. Through time you may have learned poor movement patterns or bad habits. Through Movement Foundations we work to break apart compensating actions and create healthy movement patterns.

***The 7 Movement Foundations included in the Healthy Knees programs include:***

- Your Feet –activate muscles in your feet to support better posture
- Your Hips – 3 moves to encourage core activation and strength
- Leg and butt muscle control –2 moves to independently turn on and off these muscles
- Elements of the Squat – take the fear and pain out of squatting with proper form.

## 2

### BALANCE TRAINING

Working on your body's ability to balance will help you prevent falls, correct for some compensations, and improve your kinesthetic awareness or ability to know where your body is in three-dimensional space.

Balance Training is something you can do, even when you are waiting in line. Just stand on one foot! The more you practice, the better you'll get. All balance moves should be done on each leg, even if one is weaker than the other. Your body needs the training both ways.

***Balance Tip:*** if you find balance is a challenge, press your hands together in front of you or touch your body (like hips and shoulders) with your hands. This helps your proprioceptive nerves understand where your body is in three-dimensional space

Four essential balance training moves that will challenge you:

1. Balance with both feet, changing your stance and body position
2. Balance with one foot, static
3. Balance with one foot, including some movement
4. Balance with one-foot and changing center of gravity



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## STRENGTH TRAINING

Muscle development is part of gaining strength, building stamina, and creating freedom of movement. Don't worry, you are not going to get "bulky" from these exercises, but you may notice that with time, you have nicer muscle definition. There are four predominant areas that must be strengthened to have healthy knees.

### ***Strength Training—Knee Dominant***

These exercises directly work the muscles affecting the knee joint. Some moves have multiple variations and progressions so that you start with the basics and advance as you get stronger.

### ***Strength Training: Hip Dominant***

The exercises that directly affect the hip joint also act on the pelvis and thigh bone (femur). Since the femur is also part of your knee joint, what happens at the hip affects the knee.

### ***Strength Training: Ankle and Calf***

Your calf muscles help bend your knees and lift the heel and point your toes (plantar flexion). The fronts of your shins help control the lift of the top of your foot (dorsi flexion). Strengthening your lower leg muscles will help give you more control of leg movement, and that is good for your knees!

### ***Strength Training: Core***

Strengthening your core muscles is important for stabilization of your hips and spine. If your hips or low back are weak, this can put additional stress on your knees through compensating movements. Stable hips and spine support healthy knees.

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## STRETCH TECHNIQUES

Regular stretching helps prepare your muscles for the work to come and improves flexibility and range of motion in your joints. Stretches should be done on each leg.

We have divided the stretches into three groups.

1. ***Dynamic Stretches*** – Movement to warm up muscles and joints
2. ***Static Stretches*** – To increase range of motion
3. ***Release Techniques*** – To relieve tight muscles which can cause you pain

For more help with reducing your knee pain and improving knee strength, check out these resources with complete guides for all of the exercises:

***"Healthy Knees Strength"*** by Robin Robertson. #1 Hot New Release Amazon  
***"Healthy Knees Total Knee Replacement"*** by Robin Robertson #1 Amazon Best Seller  
***Healthy Knees Formula*** – online follow-along course with videos, pdf guides, and more  
[www.healthykneesformula.com](http://www.healthykneesformula.com)