

## Knee

- 1) **Squat**- With your back straight, sit down onto a chair, touch lightly and then come back up. If you are stable, you can add weight and/or do without a chair.
- 2) **One leg Squat**- Start by standing on one foot, slowly sit down to a stable chair or bench. Try to stand back up by forcing your heel into floor. A small amount of forward lean is acceptable. Work toward a total unsupported one leg squat. Switch sides and repeat. This is a difficult exercise that reeducates the pelvis, thighs and lower back.
- 1) **Cossack**- Stand with your legs far apart and squat to one side bending that knee and keeping other one straight, working towards sitting on your heel. You can hold your arms to the front for balance or hold onto chair back. Alternate sides (Advanced exercise).
- 3) **All Together Stretch (ATS)** - Lay on your back and roll pelvis to one side with your knees bent. Pull top leg's knee with opposite side hand up and toward opposite shoulder, reach behind with top arm and grab lower foot/ankle and pull heel to buttock. During this try to turn shoulders parallel to floor and face ceiling. Perform this stretch very gradually; muscle pull and cramping are possible. One of best whole body stretches. (Advanced stretch)
- 2) **Kick Backs**- Stand with arms/forearms against wall (you can support your head on your hands). Bend one knee while standing on other leg- push/lift bent leg rearward to contract that side glute. Pulse backwards until warm, and then do it on other side.