POST SURGERY PHASE

EXERCISES TO IMPROVE KNEE RANGE OF MOTION AND STRENGTH

RICK KASELJ, MS
www.KneeInjurySolution.com

Table of Contents

Title:
Post Surgery Phase – Exercises to Improve Knee Range of Motion and Strength

Edition:
1st edition (October 2010)

Author: Kaselj, Rick, 1973 –

Key words: knee pain, knee injury, acl,

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

Published by:

RK Healing Through Movement
#199 – 198567 Fraser Highway
Surrey, BC V3S 9A4
E-mail: support@**Exercises***For***Injuries**.com
Webpage: http://**Exercises***For***Injuries**.com

Phone: (888) 291-2430
Fax: (604) 677-5425

Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Post Surgery Phase – Exercises to Improve Knee Range of Motion and Strength is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams come true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee
My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me
Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com . Your feedback and ideas will help with the content of future editions and books.

Keys to Recovering from Knee Surgery

Sadly sometimes a knee injury and pain lead to knee surgery. It is important to take action after surgery so you get your knees strong and back to doing things you enjoy in a pain-free manner. You do this by addressing three key points.

Inflammation

There is no exercise that targets inflammation but there is a lot you can do to address inflammation. Before I get to that, let me explain why addressing inflammation is so important for your knee injury recovery.

The knee joint is a large joint but there is very little space within the knee joint. When there is inflammation within the knee joint it decreases the range of motion of the joint which is how much movement the knee has.

Plus with inflammation it leads to more pain and pain inhibits the muscles around the knee. This affects how much strength the muscles around the knee has.

Range of Motion

We don't understand how much our knee moves until it has been injured. The range of motion in our knee allows us to walk without a limp, walk up hills, run and squat down to pick something up.

After surgery, the range of motion of the knee is decreased. It is important to do what you can to increase the range of motion in your knee so you can get if functioning like it did in the past and so you can get back to doing the things you enjoy.

You will see in the exercises below we focus on range of motion of the knee but also in the ankle. A decrease in the range of motion in your ankles will have an affect in the recovery of your knee. It is important to have good ankle range of motion in order to decrease the stress on the knee and for the ankle to help the knee out as it is recovering.

Strength

The knee is a very common site of injury and pain. It is important to keep our knees strong in order to prevent injury, fend off knee pain and to continue to do the activities we love.

You need your knee muscles strong in order to decrease the stress on your knee joint and to have the strength to do the things you need to do.

After knee surgery you need to target three things in order get you back to where you were. They are inflammation, range of motion and strength. I know the guide below will help you get there.

In the guide below there are only 6 exercises that you need to do. There are not a lot of exercises but they are effective exercises. Keep reading and see what the exercises are.

Key Exercise Questions: Post Surgery Phase

What should I do before performing these exercises?

Consult with your physician or surgeon to see if there is any reason why you should not perform these exercises. Prior to doing the exercises, perform a 3 to 5 minute warm up. This will help loosen your knee and prepare you body for exercise. This can be done with a walk on the ground or on the treadmill or for other suggestions, refer to my ***9 Exercises a Day Keeps Knee Pain Away program***.

How often should I perform the exercises in this book?

Each exercise can be performed one to three times every day to help improve the range of motion of your knee and the strength your knee.

When should I feel and see results?

You may feel results within a week of performing the exercises consistently every day. You will see results within three weeks of performing the exercises consistently everyday.

What about stretching?

Right after surgery, the focus is addressing inflammation, improving range of motion and increasing strength. When the knee reaches full range of motion, we can progress to adding stretching to your exercise program.

How does the *Post Surgery Phase* work?

In this book are exercises which address range of motion and strength. The exercises are designed to help improve the movement in your knee and build the strength in your knee. Perform the exercises every day.

When do I stop doing the exercises?

When you reach ¾ of full range of motion, it is time to move to the Walking Phase exercises.

What ¾ full range of motion means is you are not able to fully straighten your leg; you have about 5 degrees of knee extension still to get. When you reach this point, begin doing the Walking Phase exercises but continue performing exercise 3 and 6 until you get full range of motion in extension (straightening your knee out).

When it comes to bringing your heel to your seat, you have 100 degrees of range of motion but still need to get another 30 degrees. When you reach this point,

begin doing the Walking Phase exercises but continue performing exercise 4 and 5 until you get full range of motion in flexion (heel to seat).

What should I do after performing the exercises?

I would recommend icing your knee after you have done the exercises and icing the knee again before you go to bed.

You can place a bag of frozen vegetables on your knee. It is best if you could tie it to your knee with a tensor bandage. I would have the frozen vegetables on your knee for 10 to 20 minutes while your leg is in a straight position.

How should I feel after the exercises?

You knee should feel like it has done something but there should not be sharp pain. If there is sharp pain, you may have done more than you should have at this time for your injury or you had done the exercises incorrectly.

Exercise Legend

Below are definitions of what each exercise category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of the exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercises, or should not be dong them. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

Phase 0: Early Post Surgery Phase

EXERCISE 1: Ankle ROM - Dorsiflexion

 **Start**	 **End**

Purpose:	To improve the range of motion in the ankle in dorsiflexion (toe towards shin).
Starting Position:	Lie on the ground on your back, with your non-injured leg bent and the other leg relaxed and straight.
How to Do the Exercise:	1. Move the top of your foot towards your shin as far as you can in the leg that is straight. 2. Hold your foot at the top position for one second and then return the foot to the starting position. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 20 repetitions. - Increase to 2 sets.
Contraindications & Common Mistakes:	- Can't Straighten Your Leg – You can put a full foam roller, pillow or towel under your knee when performing this exercise in order to support it. - Knee Injury Side – You only need to perform this exercise on the knee injury side.

EXERCISE 2: Ankle ROM – Plantarflexion

 **Start**	 **End**

Purpose:	To improve the range of motion in the ankle in plantarflexion (toe towards shin).
Starting Position:	Lie on the ground on your back, with your non-injured leg bent and the other leg relaxed and straight.
How to Do the Exercise:	1. Move the top of your foot away from your shin as far as you can. 2. Hold your foot at the bottom position for one second and then return the foot to the starting position. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 20 repetitions. - Increase to 2 sets.
Contraindications & Common Mistakes:	- Can't Straighten Your Leg – You can put a full foam roller, pillow or towel under your knee when performing this exercise in order to support it. - Knee Injury Side – You only need to perform this exercise on the knee injury side.

EXERCISE 3: Isometric Quadriceps

Purpose:	To activate the quadriceps in order to maintain strength in them.
Starting Position:	Lie on the ground on your back, with your non-injured leg bent and the other leg relaxed and straight.
How to Do the Exercise:	1. Contract your quadriceps (thigh) muscles at about 10% of maximum. 2. Hold the contraction for 2 seconds and then relax for 2 seconds. 3. Perform 5 repetitions of one set.
Progressions:	- Increase to 10 repetitions. - Increase to 2 sets. - Hold the contraction for 5 and then progress to 10 seconds. - Progress to 15% and then 25% of maximal contraction.
Contraindications & Common Mistakes:	- Can't Straighten Your Leg – You can put a full foam roller, pillow or towel under your knee when performing this exercise in order to support it. - Knee Injury Side – You only need to perform this exercise on the knee injury side.

EXERCISE 4: Isometric Hamstring

 **Start**	 **End**

Purpose:	To activate the hamstrings in order to maintain strength in them.
Starting Position:	Lie on the ground on your stomach with both knees bent to 90 degrees at the knee and legs crossed at the ankle.
How to Do the Exercise:	1. Contract your hamstrings (back of the thigh) muscles at about 10% of maximum and try to move the foot furthest away from you (right leg) towards you while resisting with the other leg (left leg). 2. Hold the contraction for 2 seconds and then relax for 2 seconds. 3. Perform 5 repetitions of one set.
Progressions:	- Increase to 10 repetitions. - Increase to 2 sets. - Hold the contraction for 5 and then progress to 10 seconds. - Progress to 15% and then 25% of maximal contraction.
Contraindications & Common Mistakes:	- Knee Pain When Lying on Stomach – You can place a folded towel under your knee. - Can't Straighten Your Leg – You can put a full foam roller, pillow or towel under your knee when performing this exercise in order to support it. - Knee Injury Side – You only need to perform this exercise on the knee injury side.

EXERCISE 5: Active Knee ROM

 **Start**	 **End**

Purpose:	To activate the muscles around the knee and improve range of motion (ROM) in the knee.
Starting Position:	Lie on the ground on your stomach with one leg straight and the other leg bent.
How to Do the Exercise:	1. Move the bent knee towards your seat as far as you can in a slow and controlled manner. 2. Hold for a second and then return to the starting position. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 10 repetitions. - Increase to 2 sets.
Contraindications & Common Mistakes:	- Knee Pain When Lying on Stomach – You can place a folded towel under your thigh in order to decrease and eliminate the pressure. - Can't Straighten Your Knee Out – Straighten it to a point you can and you can also put a pillow or towel under your ankle in order to support your knee. - Knee Injury Side – You only need to perform this exercise on the knee injury side.

EXERCISE 6: Supine Terminal Knee Extension

 **Start**	 **End**

Purpose:	To activate the quadriceps in order to maintain strength in them and improve the last little bit of extension (terminal extension) in the knee. The last bit of knee extension is important for walking and running.
Starting Position:	Lie on the ground on your back, on leg bent and the other leg relaxed and straight.
How to Do the Exercise:	1. Contract your quadriceps (thigh) muscles at about 10% of maximum trying to straighten the leg out. 2. Hold the contraction for 2 seconds and then relax for 2 seconds. 3. Perform 5 repetitions of one set.
Progressions:	- Increase to 10 repetitions. - Increase to 2 sets. - Hold the contraction for 5 and then progress to 10 seconds. - Progress to 15% and then 25% of maximal contraction.
Contraindications & Common Mistakes:	- Pain versus Discomfort – There maybe discomfort with this exercise. It there is sharp pain, discontinue the exercise.

Exercise Summary

Picture	Number of Times	Description
Ankle ROM - Dorsiflexion 	Perform 10 repetitions for 1 set.	Point toe away from you.
Ankle ROM - Plantarflexion 	Perform 10 repetitions for 1 set.	Point toe towards you.
Isometric Quadriceps 	Perform 5 repetitions for 1 set at 10% of your muscle maximum.	Contract your thigh.

Isometric Hamstring 	Perform 5 repetitions for 1 set at 10% of your muscle maximum.	Try to pull your heel back and resist with the other.
Active Knee ROM 	Perform 10 repetitions for 1 set.	Straighten the leg out.
Supine Terminal Knee Extension 	Perform 5 repetitions for 1 set at 10% of your muscle maximum.	Straighten your knee out.

Client Handout

Exercise	Day												
Ankle ROM – Dorsiflexion 	10 reps / 1 set												
Ankle ROM – Plantarflexion 	10 reps / 1 set												
Isometric Quadriceps 	5 reps / 1 set / 10%												
4b - Isometric Hamstring 	5 reps / 1 set / 10%												
Active Knee ROM 	10 reps / 1 set												
Supine Terminal Knee Extension 	5 reps / 1 set / 10%												

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 260 presentations to more than 5000 fitness professionals across Canada and USA. These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He recently hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit www.**Exercises***For***Injuries**.com

About Healing Through Movement

Healing Through Movement
Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

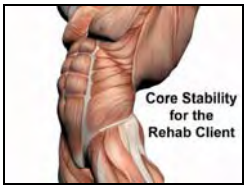
Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit www.HealingThroughMovement.com .

Healing Through Movement
Fitness • Rehabilitation • Presentations • Publications

#199 – 19567 Fraser Highway
Surrey, BC V3S 9A4
Phone: (888) 291-2430 Fax: (604) 677-5425
E-mail: info@HealingThroughMovment.com
Webpage: www.**Healing***Through***Movement**.com

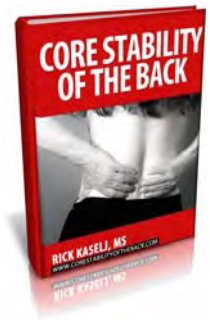
Other Products from Rick Kaselj



Core Stability for the Rehab Client DVDs

Core stability muscles assist in stabilizing the lower back and pelvis; when ignored they weaken, and the risk of lower back and pelvis related injuries increase. This course will cover anatomy of the core and introduce functional core exercises which focus on strengthening core muscles and stabilizing the lower back and pelvis. - $89.00 for 3 DVD set

For more information visit - http://exercisesforinjuries.com/core-stability-for-the-rehab-client/



Core Stability of the Back

The Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road of being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In the Core Stability of the Back program you will get an easy to follow program that you can do anywhere and will help you on your way to a pain-free back. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.
- $19.95 for physical book

Core Stability of the Back - *Home Program* -

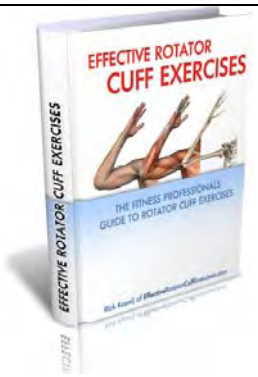
The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road to being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. When ignored, core stability muscles become weak and the risk of lower back pain and instability increases. In this home program you will get the Core Stability of the Back book plus a home DVD, audio workout and audio book. The Core Stability of the Back program provides you with an easy to follow program that you can do. In the Core Stability of the Back book you will learn about the key muscles of the core, how to locate these muscles in the body, how to activate them and an effective program to create a strong and stable back.
- $54.95 for physical book, DVD and CD

Your Stability Ball Exercise Guide

You bought a stability ball, now what? This guide will take you through 23 exercises that target your legs, chest, back and abdominals. The guide includes two stability ball workouts you can follow based on your fitness level and a stretch routine you can do with the stability ball.
- $9.95 for eBook or $19.95 for physical book

Most Effective Gluteus Maximus Exercises

A common area that people want to exercise is their gluteus. There are a number of common exercises people do but recent research has determined which gluteus exercises are the most effective. This guide will help you learn about the most common gluteus exercises and which ones are the most effective in working your gluteus maximus, hamstrings and gluteus medius.
- $9.95 for eBook or $19.95 for physical book

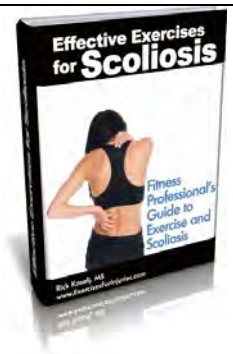


Effective Rotator Cuff Exercises
- Fitness Professional's Guide to Rotator Cuff Exercises -

Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. Gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then Effective Exercises Rotator Cuff Exercises is a must for you.

For more details visit - http://effectiverotatorcuffexercises.com/

$77 for digital manual / $97 for physical manual



The Most Effective Exercises For Scoliosis
- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - http://effectiveexercisesforscoliosis.com/

$77 for digital manual / $97 for physical manual

Interested in receiving over $299 worth of fitness education information?

Visit www.ExercisesForInjuries.com

Ready-to-Download Presentations from Rick Kaselj

Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make life's simple tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.
For more details visit - http://**Scapular**Stabilization**Exercises**.com/

Exercise and Plantar Fasciitis

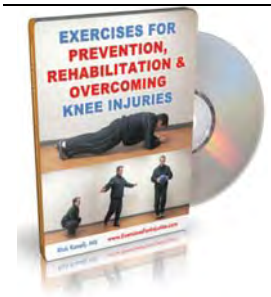
The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise webinar will be exercise program design for clients who have plantar fasciitis.
For more details visit - http://exercisesforinjuries.com/plantar-fasciitis-exercises/

The Most Effective Rotator Cuff Exercise Program

After the back, the second most common injury a fitness professional will encounter is the shoulder. Most times shoulder injuries directly and indirectly involve the rotator cuff. When fitness professionals hear that their client has a rotator cuff issue, they end up focusing on strengthening. Strengthening is important for your rotator cuff clients but it is only one part of an effective rotator cuff conditioning program. The fitness professional must address all five areas of a rotator cuff conditioning program in order to fully rehabilitate the rotator cuff. If not, they will only band-aid the injury and not fully help their client overcome it. In this webinar, fitness professional will learn how to avoid common rotator cuff exercise mistakes, the 5 components of a rotator cuff conditioning program and exercises to help their client's rotator cuff injury.
For more details visit - http://exercisesforinjuries.com/rotator-cuff-conditioning-exercises/

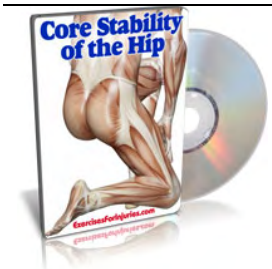
Corrective Exercises for Running Injury-Free

Running is one of the most popular recreational activities among adults but most will have to stop due to an injury. Along with a solid running program that prevents over-training, there are a number of key exercises that must be included in a recreational runner's program in order to be injury-free. In the corrective exercises for running injury-free webinar, the fitness professional will learn a comprehensive list of assessment techniques and exercises to keep their clients running injury-free.
For more details visit - http://exercisesforinjuries.com/running-corrective-exercises/



Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries

The knee is the focus of an exercise program when it is injured but often ignored any other time. More and more research has shown that the goal of the client should determine the knee exercise program compared to the presence or absence of injury. If your client's exercise goal is prevention of knee injuries, their exercise program should differ from that of a client recovering from a knee injury. If the client has had a knee injury and would like prevent a future knee injury, here is an exercise program that focuses on overcoming knee injuries. It is important that the fitness professional know which exercises and exercise programs are best for their client depending on the goal of the client. In this exercise and knee injury webinar, fitness professionals will learn three different knee exercise programs to help their clients who want to prevent a knee injury from occurring, to rehabilitate a knee injury and overcome knee injuries by preventing them in future.
For more details visit - http://exercisesforinjuries.com/acl-injury-exercises/



Core Stability of the Hip

In this video presentation, fitness professionals will learn a progressive exercise program that they can use with their personal trainer and group fitness clients to improve core stability in the hip, and prevent and recover from back, hip and knee injuries.
For more details visit - http://exercisesforinjuries.com/hip-injury-exercises/

Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated that 126,000 spinal fusion surgeries occur each year in the US and since 1996 the number of surgeries has increased 116%. The group that has had the greatest increase in lower back spinal fusion are adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.
For more details visit - http://exercisesforinjuries.com/lumbar_fusion_exercises/

Upcoming Webinars

- Exercises for Shoulder Impingement
- Exercises for Shoulder Dislocation

Interested in receiving a Shoulder Injury Guide?

Visit www.ExercisesForInjuries.com