WALKING PHASE

EXERCISES TO IMPROVE YOUR WALKING AND DECREASE PAIN DURING WALKING

RICK KASELJ, MS
www.KneeInjurySolution.com

Table of Contents

Title:
Walking Phase – Exercises to Improve Your Walking and Decrease Pain During Walking

Edition:
1st edition (October 2010)

Author: Kaselj, Rick, 1973 –

Key words: knee pain, knee injury, acl,

Published by:

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

Walking Phase – Exercises to Improve Your Walking and Decrease Pain During Walking 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.

Improving Walking after Knee Surgery

After knee surgery, walking is always an issue. It often is painful or difficult bending down to sit in a chair, standing on one leg, walking or climbing up the stairs. There is a lot that you can do to improve your walking in order to walk pain-free, walk without a limp, strengthen your knee and improve the movement in your knee. You can do this without having to go to gym or physical therapy clinic. Let me explain what you need to do.

The key in doing the **four primary movements of the knee**. Each of these movements are needed to be addressed in order for the knee to work when walking.

#1 – The Squat, Important to Get of the Toilet Seat

We feel this when we try to sit down into a chair or the couch. It is important to improve the squat after knee surgery because so much of what we do has to do with moving into a sitting position and moving out of a sitting position.

The squat is what most focus on when recovering from knee surgery. It is important and needs to be addressed but the other three areas need to be addressed equally.

#2 – Work on Your Balance

What is often ignored in the recovery from knee surgery is balance. Balance plays a key roll in walking and preventing re-injury. Balance is the bodies ability to know where the knee is in space in order to put the knee where it needs to be or be alerted if it is in a position which it may become injured.

Balance can be improved quickly and easily with a few very specific exercises as you will see below.

#3 – Lunging is like Walking

When we walk, we are continually doing this over and over again. We are reaching forward with one leg and bending in the knees.

We need to include exercises that focus on this movement in order to make walking easier. Not just lunging exercises forward, you need to do much more than that.

#4 - Step Up for Improved Stair Walking

Walking up and down stairs is a challenge after knee surgery. You need to use the stairs to walk up to your bedroom or walk down the stairs to get to your work.

In order to make stairs easier, it is important to work on a step up movement. In the below program we will go through three exercises.

Just going out for a walk may help a little in making walking easier and less painful after knee surgery. What is more important to work on squatting, balance, lunging and step ups. I will show you how to do all of it below.

Key Exercise Questions: Walking Phase – Exercises to Improve Your Walking and Decrease Pain During Walking

What kind of equipment am I going to need to perform these exercises?

You will only need a flat floor and a step. In the exercise photos, an aerobic step is used but you can use the bottom step of a flight of stairs.

What should I do before performing these exercises?

Consult with your physician to see if there is any reason why you should not perform these exercises. Prior to do the exercises, perform a 3 to 5 minute warm up. This can be done with a fast walk 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 every day to help strength your knees, improving performance and fend off knee injuries.

I have been doing the exercises every day but my knee is sore the next day?

Then do the exercises every other day. During the days you do not do the exercises make sure to do a 10 minute to 30 minute walk.

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.

Why do I only do the exercises in a pain-free range of motion?

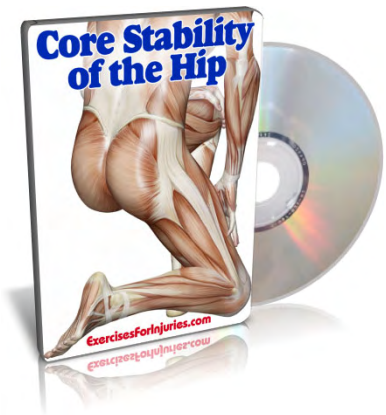
If you go into pain with the exercises you will activate the inflammatory response. The inflammatory response leads to swelling in the knee which leads to an increase in pain and decrease in movement in the knee. Plus with an increase in pain the muscles around your knee do not work properly. This all slows down your recover from a knee injury. This is why it is important to avoid pain when doing the exercises. You many have some discomfort but sharp pain should be avoided.

Why do you get me to do some of the exercises on my uninjured knee before I do them on my injured knee?

I am trying to teach your body how to do the movement safely and under control. We do this by first getting the uninjured side to do the exercise. On the uninjured side you can learn how to do the exercise correctly. Then when you perform the exercise on the injured side you are more likely to perform the exercise correctly which leads to getting the most from the exercise and eliminates the risk of injuring yourself during the exercise.

I lose my balance and fall to the side when performing some of the exercises?

If you do, decrease how deep you bend the knee. Instead of bending the knee to 90 degrees, decrease it to 60 degrees or 30 degrees. Also you can slow down how quickly you do the exercise. It can also mean you are weak in core stability muscles that support you side to side. For a program that will help with this, check out Core Stability of the Hip - http://exercisesforinjuries.com/hip-injury-exercises/



What about stretching?

If you would like to stretch you can. It is best to perform after doing the below exercises and our can focus on stretching the calf, quadriceps and hip flexor.

How does the *Walking Phase* program Work?

In this book are exercises which address squatting, balance, lunging and stepping. All of these exercises focus on helping make walking easier and less painful. The exercises can be performed every day.

When do I stop doing the exercises?

When the exercises become easy and you done the progressions of the exercises, it is time to start a full leg strengthening program.

I don't understand this "*o'clock*" thing when it comes to the lunge exercises?

Imagine you are standing at the center of an alarm clock. An alarm clock like this:

You are moving towards the number of the clock. For example for the Lunge Exercise at 2 o'clock, you start by standing in the centre of the clock. With your right leg you step forward to the 2 while your left foot stays in the centre of the cock.

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.

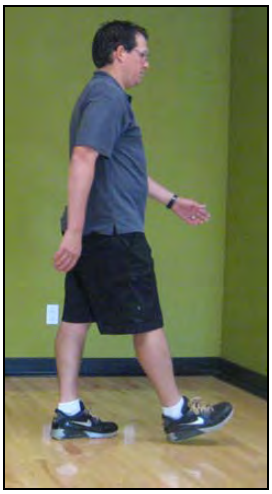
How to do this exercise: The key steps in performing the exercise safely and for maximum results.

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 1: Walking Phase

EXERCISE 1: Walking



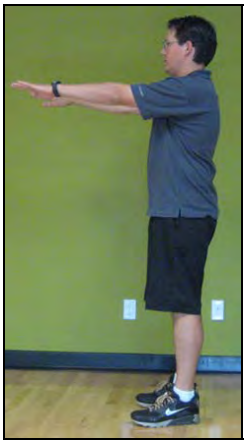
Purpose:	To improve walking and eliminate any compensation or limp due to knee injury.
Starting Position:	In standing position.
How to Do the Exercise:	1. Start walking in a forward direction moving one leg and the opposite arm forward. 2. Focus on walking balanced on both legs. 3. Do this for 5 minutes.
Progressions:	- Increase to 10 minutes.
Contraindications & Common Mistakes:	- Can't Get Rid of My Limp – Slow down the walk and focus on putting even weight on each leg when walking. The limp will decrease with time and practice. - Where can I do This? – You can do this on the ground or on a treadmill.

EXERCISE 2: Wall Squat

 **Start**	 **End**

Purpose:	To improve range of motion in the knee and strength the muscles around the knees.
Starting Position:	In a standing position with feet hip width apart, body a forearm length away from the wall and hands on the wall.
How to Do the Exercise:	1. Bend at the knees and squat down to a level that is pain-free. 2. Then return back to the starting position in a controlled manner. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 15 repetitions. - Increase to 2 sets. - When this exercises is too easy or you feel you are not getting any benefit move to exercise 3 – Standing Squat.
Contraindications & Common Mistakes:	- Pain-free Movement – Stay within a range of motion that is pain-free. As you move the knee more, the pain-free range of motion will increase. - Heels Lifting Up – It is important to keep your heels down during the movement. - Knees Collapsing – Slow down the movement and focus on not letting the knees collapse in. Knees are in line with your foot and hip.

EXERCISE 3: Standing Squat

 **Start**	 **End**

Purpose:	To improve range of motion in the knee and strength around the knees.
Starting Position:	In a standing position with feet hip width apart and hands out front.
How to Do the Exercise:	1. Bend at the knees and squat down to a level that is pain-free. 2. Then return back to the starting position in a controlled manner. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 15 repetitions. - Increase to 2 sets. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Pain-free Movement – Stay within a range of motion that is pain-free. As you move the knee more, the pain-free range of motion will increase. - Heels Lifting Up – It is important to keep your heels down during the movement. - Knees Collapsing – Slow down the movement and focus on not letting the knees collapse in. Knees are in line with your foot and hip.

EXERCISE 4: Wall Calf Raise

 **Start**	 **End**

Purpose:	To improve and maintain the strength around the ankle
Starting Position:	In a standing position with feet hip width apart, body a forearm length away from the wall and hands on the wall.
How to Do the Exercise:	1. Keeping the legs straight, come onto your toes in a slow and controlled manner. 2. Then return back to the starting position in a controlled manner. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 15 repetitions. - Increase to 2 sets. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Pain-free Movement – Stay within a range of motion that is pain-free. As you move the knee more, the pain-free range of motion will increase.

EXERCISE 5: Single Leg Balance

Purpose:	To improve the bodies ability to know where the knee is in space (proprioception) and improve the amount of force the injured knee can tolerate.
Starting Position:	Stand on the uninjured leg close to a wall.
How to Do the Exercise:	1. Stand on one leg for 30 seconds. 2. Then return to the starting position. 3. Perform 1 repetitions of one set.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself if you start to wobble. If you do start to wobble, discontinue that repetition of the exercise.

EXERCISE 6: Single Leg Balance on Uninjured Leg with Toe Touch

 **Start**	 **End**

Purpose:	To improve the bodies ability to know where the knee is in space (proprioception) with movement and improve the amount of force the injured knee can tolerate.
Starting Position:	Stand on the uninjured leg.
How to Do the Exercise:	1. Stand on one leg and reach forward with leg you are not standing on and touch in front of you. 2. After touching, return back to the starting position and repeat the toe touching for 30 seconds. 3. Perform 1 repetitions of one set.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself is you start to wobble. If you do start to wobble, discontinue that repetition of the exercise.

EXERCISE 7: Single Leg Balance on Uninjured Leg with Toe Touch

 **Start**	 **End**

Purpose:	To improve the bodies ability to know where the knee is in space (proprioception) with movement, strengthen the muscles around the knee, build core stability strength side-to-side (frontal plane stability) and improve the amount of force the injured knee can tolerate.
Starting Position:	Stand on the uninjured leg.
How to Do the Exercise:	1. Stand on your right leg and reach forward trying to touch the floor with your left hand. 2. After touching, return back to the starting position and repeat the toe touching for 30 seconds. 3. Perform 1 repetitions of one set.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself is you start to wobble. If you do start to wobble, discontinue that repetition of the exercise. - Can't Touch the Ground – That is fine. With each repetition try to reach further down to the ground.

EXERCISE 8: Lunge Exercise at 12 o'clock with Uninjured Leg

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with feet hip width apart.
How to Do the Exercise:	1. Step forward with your non-injured leg and try to bring your back knee towards the ground. At the bottom position, the ankle-knee-hip of the front and back leg should be at a 90 degree angle. 2. Return back to the starting position by pushing through the heel of your front leg. 3. Stand on one leg and reach forward with leg you are not standing on and touch in front of you. 4. Perform 10 repetitions of one set with the uninjured leg.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself is you start to wobble. If you do start to wobble, discontinue that repetition of the exercise. - Fall to one side – If you feel like you are falling towards one side, decrease how deep you bring your back leg.

EXERCISE 9: Lunge Exercise at 2 o'clock with Uninjured Leg

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with feet hip width apart.
How to Do the Exercise:	1. Step forward and pivot with your back toe so your front leg steps to 2 o'clock position. 2. Bring your back knee towards the ground. At the bottom position, the ankle-knee-hip of the front and back leg should be at a 90 degree angle. 3. Return back to the starting position by pushing through the heel of your front leg. 4. Perform 10 repetitions of one set with the uninjured leg.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Where should I step when doing the exercise with my left leg? – You step forward with your leg to a 10 o'clock position.

EXERCISE 10: Lunge Exercise at 3 o'clock with Uninjured Leg

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with feet hip width apart.
How to Do the Exercise:	1. Step to the side until you legs are a shoulder with and a half apart, then squat down until your ankle-knee-hip are at a 90 degree position. 2. Return back to the starting position by pushing through the foot of the leg you stepped with. 3. Perform 10 repetitions of one set with the uninjured leg.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- It is painful to squat down to 90 degrees – Then just squat to the range of motion that is pain free for you. - Where should I step when doing the exercise with my left leg? – You step to the side to a 9 o'clock position.

EXERCISE 11: Lunge Exercise at 4 o'clock with Uninjured Leg

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with feet hip width apart.
How to Do the Exercise:	1. Step backwards with your leg to a 4 o'clock position. 2. Then bring your back knee towards the ground. At the bottom position, the ankle-knee-hip of the front and back leg should be at a 90 degree angle. 3. Return back to the starting position by pushing through the toe of your back foot. 4. Perform 10 repetitions of one set with the uninjured leg.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself is you start to wobble. If you do start to wobble, discontinue that repetition of the exercise. - Where should I step when doing the exercise with my left leg? – You step forward with your leg to a 6 o'clock position.

EXERCISE 12: Lunge Exercise at 6 o'clock with Uninjured Leg

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with feet hip width apart.
How to Do the Exercise:	1. Step backwards with your leg to a 6 o'clock position. 2. Then bring your back knee towards the ground. At the bottom position, the ankle-knee-hip of the front and back leg should be at a 90 degree angle. 3. Return back to the starting position by pushing through the toe of your back foot. 4. Perform 10 repetitions of one set with the uninjured leg.
Progressions:	- Increase to 2 sets. - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Where should I step when doing the exercise with my left leg? – You step backwards with your leg to a 6 o'clock position.

EXERCISE 13: Step up with Uninjured Leg - Anterior

 **Start**	 **End**

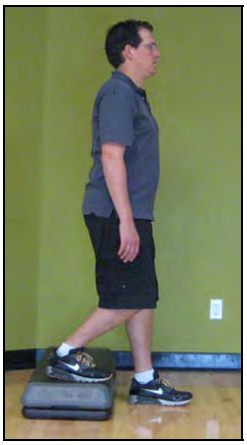
Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with uninjured leg on a step.
How to Do the Exercise:	1. Stepping up onto the step with all your weight on the foot on the step. 2. Then step back to the start. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 2 sets. - Increase the height of the step - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself if you start to wobble. If you do start to wobble, discontinue that repetition of the exercise.

EXERCISE 14: Step up with Uninjured Leg - Lateral

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with uninjured leg on a step.
How to Do the Exercise:	1. Stepping up to the side onto the step with all your weight on the foot on the step. 2. Then step back to the start. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 2 sets. - Increase the height of the step - Perform the exercise on the injured leg. - Placing dumbbells in your hands.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself if you start to wobble. If you do start to wobble, discontinue that repetition of the exercise.

EXERCISE 15: Step up with Uninjured Leg - Posterior

 **Start**	 **End**

Purpose:	To improve the strength in the muscles of the knees, build core stability strength side-to-side (frontal plane stability), improve hip movement backwards (hip extension) and improve balance (proprioception) in the knees.
Starting Position:	Standing with uninjured leg on a step.
How to Do the Exercise:	1. Stepping behind onto the step with all your weight on the foot on the step. 2. Then step back to the start. 3. Perform 10 repetitions of one set.
Progressions:	- Increase to 2 sets. - Increase the height of the step - Perform the exercise on the injured leg.
Contraindications & Common Mistakes:	- Wobbling – Make sure you are close to the wall so you can catch yourself if you start to wobble. If you do start to wobble, discontinue that repetition of the exercise.

Exercise Summary

Picture	Number of Times	Description
#1 - Floor Walking 	5 minutes.	Walking forward.
#2 - Wall Squat 	Perform 10 times for 1 set.	Hands on the wall and squatting down.
#3 - Standing Squat 	Perform 10 times for 1 set.	Squatting down to 90 degrees.

#4 - Wall Calf Raise 	Perform 10 times for 1 set.	Hands on wall and coming onto toes.
#5 - Single Leg Balance 	Perform for 30 seconds, 1 time for 1 set	Standing on one leg.
#6 - Single Leg Balance on Uninjured Leg with Toe Touch 	Perform for 30 seconds, 1 time for 1 set	Standing on one leg and touching with foot out front.

#7 - Single Leg Balance on Uninjured Leg with Hand Touch 	Perform 10 times for 1 set.	Standing on one leg and reaching forward.
#8 - Lunge Exercise at 12 o'clock with Uninjured Leg 	Perform 10 times for 1 set.	Stepping forward.
#9 - Lunge Exercise at 2 o'clock with Uninjured Leg 	Perform 10 times for 1 set.	Stepping to a 30 degree angle or 2 o'clock.

#10 - Lunge Exercise at 3 o'clock with Uninjured Leg 	Perform 10 times for 1 set.	Stepping to the side.
#11 - Lunge Exercise at 4 o'clock with Uninjured Leg 	Perform 10 times for 1 set.	Jump forward, back, side-to-side and diagonal.
#12 - Lunge Exercise at 3 o'clock with Uninjured Leg 	Perform 10 times for 1 set.	Stepping straight back

#13 - Step up with Uninjured Leg - Anterior 	Perform 10 times for 1 set.	Stepping up onto the step.
#14 - Step up with Uninjured Leg - Lateral 	Perform 10 times for 1 set.	Stepping to the side of the step.
#15 - Step up with Uninjured Leg - Posterior 	Perform 10 times for 1 set.	Stepping behind onto a step.

Client Handout

Exercise	Day												
#1 - Floor Walking 	5 min												
#2 - Wall Squat 	10 reps / 1 sets												
#3 - Standing Squat 	10 reps / 1 sets												

#4 - Wall Calf Raise 	10 reps / 1 sets												
#5 - Single Leg Balance 	1 rep / 1 sets / 30 sec												
#6 - Single Leg Balance on Uninjured Leg with Toe Touch 	1 rep / 1 sets / 30 sec												

#7 - Single Leg Balance on Uninjured Leg with Hand Touch 	1 rep / 1 sets / 30 sec												
#8 - Lunge Exercise at 12 o'clock with Uninjured Leg 	10 reps / 1 sets												
#9 - Lunge Exercise at 2 o'clock with Uninjured Leg 	10 reps / 1 sets												

#10 - Lunge Exercise at 3 o'clock with Uninjured Leg 	10 reps / 1 sets												
#11 - Lunge Exercise at 4 o'clock with Uninjured Leg 	10 reps / 1 sets												
#12 - Lunge Exercise at 3 o'clock with Uninjured Leg 	10 reps / 1 sets												

#13 - Step up with Uninjured Leg - Anterior 	10 reps / 1 sets												
#14 - Step up with Uninjured Leg - Lateral 	10 reps / 1 sets												
#15 - Step up with Uninjured Leg - Posterior 	10 reps / 1 sets												

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.

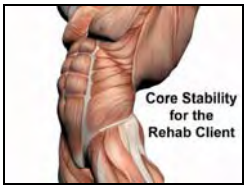
Founder of Healing Through Movement - Rick Kaselj

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* -

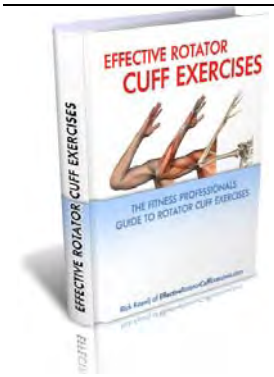
The complete Core Stability of the Back program is for the back pain sufferer who wants to get their back onto the road to being pain-free. Core stability muscles play an important role in all activities of daily living. They enable us to perform the simplest of activities and help us maintain good posture. 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

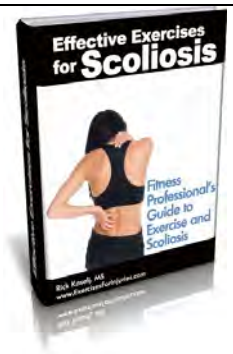


Effective Rotator Cuff Exercises
- Fitness Professional's Guide to Rotator Cuff Exercises -

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

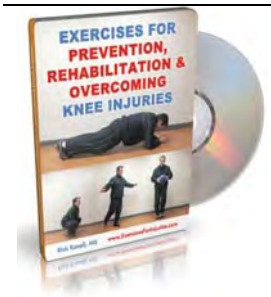
The role of exercise to treat plantar fasciitis is vital in helping shorten recovery time, decrease pain, and decrease the risk of reoccurrence. Creating an action plan on what to do if symptoms return is also important for the plantar fasciitis sufferer. The focus of the plantar fasciitis and exercise 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/

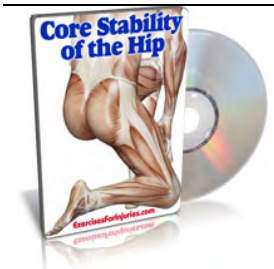
Corrective Exercises for Running Injury-Free

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