

Body Vitality: The Knee Pain Series

Hi! My name is Dr. Kristie Ennis, DTP, CSCS. Welcome to my Body Vitality: Knee Pain Series, one of many in a series of videos designed to help you improve your personal wellbeing through proper release of muscle and fascia, stretching and strengthening.



Body Vitality: The Knee Pain Series

This plan is specifically designed, through clinical practice and study, for people who have been experiencing knee pain and have been limiting their lives because of this. I want you to get back to walking without pain, golfing, gardening, playing with your kids and grandkids and all the other activities that you have been missing avoiding because your knee has been stopping you. AND without surgery or medication!



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The 1st week of the plan incorporates muscle and fascia release as well as stretching. Strength is added during the 2nd week. Before strengthening begins, the muscles and tissues around the knee need to be loosened up so that the muscles will work correctly. That's when effective strengthening can begin.

Stretching and muscle/tissue loosening are done throughout the plan and should continue even after 4 weeks. This is because what we do during the day that has caused tightness, like sitting and driving doesn't go away.



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Muscle and Fascia release: Perform each technique, daily, until the body part feels a little looser. This can take anywhere from 30 seconds to several minutes. Keep track on the chart how long it takes for each area to feel looser or less sore. There are many areas to work on! Not all of these areas will be tight in your body. Every body is different! You only need to perform the releases in the areas that feel tight or sore when you use the foam roller, Derma Edge, Stick, or tennis ball.



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Stretching: Try to do each stretch after doing the muscle and fascia release and after doing any exercise. This way the tissues are warmed up and you will get a better stretch. You are less likely to injure a muscle this way too. No stretch should be painful. It's not no pain no gain Try to hold each stretch for 1 min. Repeat 3 times a day.



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Strengthening: Strengthening starts during week 2 and progresses each week. Strengthening should be performed on non- consecutive days, 3 days a week. Each week builds upon the previous week. If you need more than one week to get all the exercises down, it's ok to take longer than a week. Stay on each week's exercises until you feel comfortable



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Equipment

- Exercise bands
- Foam roller
- Stick or rolling pin
- Tennis ball
- Optional: Derma Edge



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Week 1 Myofascial and Muscle Release						
Week of						
Duration of release held	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ex 5m=5 minutes						
Foam Roller Calf						
Derma Edge Calf						
Rolling Stick Calf						
Tennis Ball Calf						
Foam Roller Quad						
Derma Edge Quad						

Same for next 3 weeks



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Week 1 Stretching						
Week of:	Duration Held					
Stretch	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Standing Hip Flexor						
Calf At Wall						
Supine Hamstring						
Side Lying Quad						
Piriformis						
Hip Internal Rotation						

Same for next 3 weeks



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Week 2 Strength						
Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bent Leg Drop						
Bridge						
Clamshell						
Standing leg extension with rotation						

Same for next 3 weeks



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Week 3 Strength						
Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bridge with Hip Rollout						
Clamshell Bottom Leg Up						
Side Step						



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Week 4 Strength						
Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Single Leg Bridge						
Crunch						
L Clamshell						
Single Leg Deadlift						

