

## Knee Conditioning for Walking & Jogging

Challenge: how many high knee lifts can you do in 20 secs?

3 Sets / 10 Reps / 10 sec duration

### 1. Jogging high knees

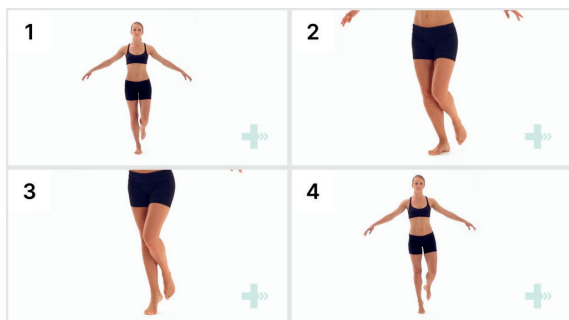
Jog on the spot bringing your knees up as high as you can. Make sure you land lightly on the balls of your feet, springing the leg quickly back up.



3 Sets / 10 Reps / 1 s hold

### 2. SLSq to heel raise

Balance on your symptomatic leg. Do not allow your legs to rest against each other. Keeping your balance, bend your stance knee a little, then straighten. Rise up on to your toes, lifting your heel off the floor, then lower back down to the floor and repeat.



3 Sets / 10 Reps

### 3. Single leg heel raise - slower eccentric phase

Step up onto a step with a supportive surface such as a wall in front of you. Walk your feet backward so that your heels rest over the edge of the step. Your weight should be in the balls of your feet. Rise up onto your toes. Take your weight onto your affected leg, lifting your other foot from the step. Pause at the top, and then control the movement as you slowly lower your heel back over the edge of the step. Repeat this movement using as much support as you need, to rise up onto your toes.

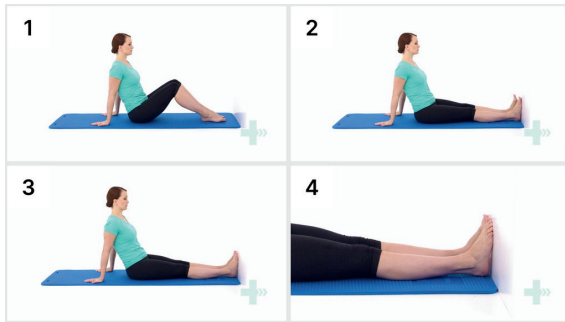


3 Sets / 10 Reps

### 4. Lateral hops - distance

Stand up straight with a clear space to your sides. Move your weight onto the leg you would like to exercise. Hop one way for a few hops. Jump as far as you can with each hop. Hop back in the other direction for a few hops. Ensure your knee travels directly forward over your toes as you land each hop. Do not allow it to drop inward.





### 5. Isometric gastrocnemius contraction in long sitting

Sit upright on the floor with your legs extended in front of you and the soles of your feet flat against a wall.

Keeping your knees straight, push your toes into the wall as if trying to lift your heels.

Counterbalance the force of your toes by fixing through your arms to prevent yourself sliding away from the wall.

Hold this position.

### 6. Quadriceps stretch

Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

