

## **Fit Yummy Mummy Special Report on: Tips for Eliminating Knee Pain**

In the knee, many times the cause of pain or problems does not come from the knee itself, rather the problems are caused in the ankle, and hip joints.

### **The Ankle**

Ankle Mobility, or lack of, is one of the major reasons people experience knee problems and pain. You see, if your ankle is immobile and not able to move through the range of motion that is necessary for basic functions (such as walking up and down stairs or squatting down to pick something up), the stress will be transferred to the next joint up the chain, which is the knee.

Now, if you are active (i.e. workout or train for something) these stresses are magnified even more.

If the ankle is tight, the knee will have to compensate for that lack of movement.

Therefore the knee takes on all of the stress.

Mobilize the ankles to prevent knee issues. Try this exercise to mobilize the ankles.

## Knee to Wall Mobilizations

- Stand about a foot away, facing a wall. Push one of the knees forward into the wall.
- As you bend your knee towards the wall, keep your foot flat against the floor, making sure your heel does not come up.
- Progression is to start as far from the wall as possible without the front heel coming off the ground.



## The Hips

Having tight hips can also be a real problem for the knees (among other things.)

Good hip mobility is another key to preventing knee pain and problems.

Like the ankle, tight or immobile hips will not allow the proper range of motion required to perform basic movements and because of this, the stress will be displaced on other joints. The low back will get some (more on that at another time) and the knees get the rest.

Add to this, someone that is training or working out, and the stress is increased.

Try these exercises to increase hip mobility.

1. Lying hip rotator stretch

- While lying on your back bend one of your knees to 90 degrees and rotate your leg in (like you are going to cross that foot over your opposite knee.)
- Grab onto the bent knee with one hand and your ankle of the same leg, with the other hand.
- Pull your bent leg up towards your chest, being extra careful not to torque the knee (apply even pressure.)
- Pull your ankle and knee evenly until you feel a stretch deep in your glute area.
- Once you feel that stretch, hold it for the required amount of time.
- Repeat with the opposite leg



2. Cradle Walks

- Start by standing with your feet shoulder width apart
- Step forward with your left leg and lift your right leg
- Bend your knee and raise your right foot toward your left hip with your inner part of your foot/ankle facing toward the ceiling.
- Hold your right foot with your left hand and your right knee with your right hand
- Slowly and gently pull your entire right leg up toward your chest.
- Release the right leg and step forward.
- Repeat with the opposite leg.



3. Rectus stretch

- Start by standing and grab onto one of your feet
- Pull your foot up behind you as you bend your knee
- Make sure to pull your leg in a straight line and do not twist your leg or knee to the side.
- You should try to pull your lower leg towards your butt
- Pull up on your leg until you feel a stretch in your thigh and then in your hip flexor as well.
- Repeat for the require number of reps and perform the same on the opposite leg.



Another issue that many people have around the hips that will cause knee issues, is “glute amnesia.” Glute amnesia refers to the fact that the glutes stop doing their job because they are de-activated. This can occur from sitting too much and having tightness around the hip joint. Most of us sit way too much, so our glutes “shut off” causing the hamstrings to pick up the slack. This is not a good thing. On top of the fact that the hamstrings get over worked, the fact that they are now the primary mover can directly cause knee pain. “Wake up” the glutes and this problem can be eliminated.

## 1. Glute Bridges – 1 leg

- Lie down supine (face up) on the floor
- Your arms should be out with your palms facing the floor
- Bend your knees to 90 degrees with your feet flat on the floor.
- Pull one knee to your chest, and keep it pinned to your stomach and/or chest for the entire movement.
- With your down foot, drive your heel into the floor and raise your hips up. Squeeze your glutes
- Hold that position for approximately 5 seconds at the top of the movement.
- Lower your hips to the floor without touching
- Repeat for the required amount of reps.



## 2. Bench mule kicks

- Bend over a bench or bed face down.
- Brace yourself with your hands while you kick one of your legs up and back.
- Make sure to extend your hip while slightly bending your knee.
- Once you kick that leg up and back, hold it for a count of 3 seconds.
- Return and repeat for the require amount of reps.
- Repeat with the opposite leg.



## **Soft-Tissue Work**

Foam rolling, to be technical, is a form of self-myofascial release (SMR). SMR allows the muscle to relax and this in turn can help rid the areas of the unwanted scarring, knots, and ugly adhesions. Muscles need to be strong and supple at the same time through an entire range of motion. Foam rolling helps the body achieve this. Just as I believe that stretching is essential for good overall muscle health, foam rolling is in the same category. While stretching elongates the muscle tissue, foam rolling helps to ensure proper muscle quality.

The benefits of foam rolling are numerous. Some of the key benefits are that foam rollers, can be used to improve mobility, flexibility, relieve muscle stiffness, improve blood flow, decrease pain, improve function, increase range of motion, improve posture, and achieve better muscle balance...just to mention a few.

### **Foam Rolling the Glutes and Hip Rotators:**

- Start with the foam roller under the back of the glutes/hips.
- Place one leg over the top of the opposite knee to increase pressure.
- Roll over the back of one glute/hip, from the top to the bottom on the glute.
- Once you find a "hot spot," apply pressure for 30 to 60 seconds.
- Continue to roll top to bottom, repeating the process again.
- Repeat this on the opposite leg.



### **Foam Rolling the Quads:**

- Start with the foam roller under the middle of one of the quadriceps.
- Place one leg over the back of the other leg to increase pressure.
- Roll over the top of the quad, all the way down to the bottom of the quad stopping before the knee.
- Once you find a “hot spot,” apply pressure for 30 to 60 seconds.
- Continue to roll top to bottom, repeating the process again.
- Repeat this on the opposite leg.



### **Foam Rolling the Hamstrings:**

- Start with the foam roller under the back of your upper thigh (hamstring).
- Place your right leg over your left leg to increase the pressure.
- Roll the entire hamstring from the top all the way down to the back of the knee.
- Once you find a “hot spot,” apply pressure for 30 to 60 seconds.
- Continue to roll top to bottom, repeating the process again.
- Repeat this on the opposite leg.



#### **\*\*\*\*Tips for Squatting and Lunging with Knee Pain**

Many people that suffer from knee pain cannot perform the squats and/or lunges that are required in their training programs. This can be a real problem since these leg exercises are so important for over all success. Here are some tips for people to follow that are suffering from knee pain.

- Squats – If you are suffering from knee pain, try widening your stance. The wider your stance is, the less stress will be placed over you knees. Instead, the stress is displaced to your hips. You can still get good work in and minimize the stress and pain over the knee joint.

Use Wall squats instead of “normal” squats until your knee pain is dealt with.

Take a stability ball and place it against the wall. Place your lower back against the ball, widen your stance and perform your squats. This is another great way to minimize the stresses on your knees. Remember, you do not have to go all the way down in the beginning. Its ok to do partial squats until you solve your knee problems.

- Lunges – Perform large step lunges instead of short step lunges. Take a very big step for each lunge. The bigger the step, the less pain and stress over your knee joint. Again, while you are working on solving your knee pain problems you should not go all the way down....let pain be your guide.



### **Wrapping it all up....**

If you have knee pain or knee issues, you must make sure the joints below and above are working as they should. This, on top of good soft-tissue work is key. By getting your ankles and hips to work as they should, combining that with good soft-tissue work, you will be on your way to having healthy, pain-free knees. Don't ever miss a workout again because of knee problems. For much more information on staying completely pain free and physically healthy for all of your joints, check out [UNBREAKABLE](#) today!

