

Move better. Feel better!

Learn the common causes of knee pain, and how to prevent it.



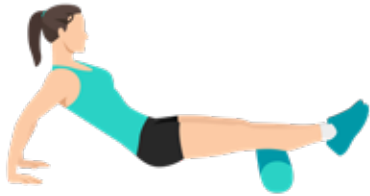
Common causes of knee injuries:

- Lower extremity misalignment (static or dynamic)
- Lack of flexibility in the surrounding musculature
- Lack of strength in surrounding musculature
- Overuse

Prevention exercises for knee injury

Foam rolling

Slowly roll for 30 to 90 seconds for each soft tissue area



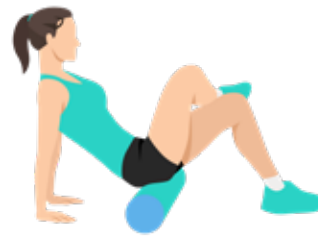
Calves



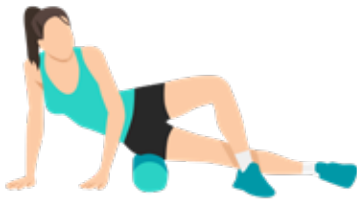
Hip flexor and quadriceps



Hip adductors



Piriformis/glutes



IT band



Hamstrings

Stretches



Hip flexors stretch



Figure-4 (piriformis)



Single knee to chest



Ankle mobility

Prevention exercises for knee injury

Activation



Glute bridges



Lateral lunge



Side-lying hip abduction (lateral leg lifts)

Please consult with your doctor before starting any exercise routine.

Keep up the good work with free health coaching!

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email healthcoachteam@modahealth.com.

modahealth.com

