

Knee Stability

In addition to reducing knee injuries, supporting the knee joint with a strong core and neutral pelvis will reduce chronic knee pain.

1. Align your spine and activate your core.
2. Place your hands in your back pockets. With your weight even on both feet the muscle at the top of your hip should be soft. A shift to the right or left, should make the glute med on that same side tighten up. If it's not contracting, poke it until it does.

3. Tie elastic banding around your knees and do a half squat while pressing outward against the banding. Imagine you are doing this exercise when stepping down out of the truck or before walking through slash to activate your glutes.



4. Step forward into a lunge, the knee should stay in line with the center of the hip and foot, and not drop inward. The greater the load (as when carrying a planting bag, a saw, or landing a jump) the more important this is.



5. These exercises will build control of your knees at the hip. Work up to 3 x 15 reps each side, 3 days/week.

a) Stand in a balanced stance with a neutral spine and activated core. Step one foot out to the side while using the glute med to control the supporting knee. Do not let it fall inward (valgus). Add elastic banding around your ankles for resistance.

b) Clam walks, this can be done in boots while waiting for your ride. Add elastic banding for more resistance. Step sideways as shown in #3 above. Focus on controlling the pelvis and knee to stay in neutral.

c) Single leg $\frac{1}{4}$ or $\frac{1}{2}$ squats. Stand sideways (shoulder touching a wall) with the inside leg pressed slightly into the wall for more glute activation. Do not hike your inside hip, keep perfect posture.

Footnote: See this poster for info on how to have a neutral spine and how to activate your core: http://www.bcforestsafesafe.org/files/ps_BackUpYourBack.pdf