



GMVA 2020 Knee Rehab Program

Warm Up:

- A few minutes of movement

Program:

Band just above knees, wall sit with knees and hips at 90 degrees
60-90 seconds

Single leg elevated hamstring extension
10-15 each leg

Seated with band around both ankles. Small lift and hold with a straight leg
20-40 second hold each leg

Stand on band with 1 foot, hold with opposite hand. Straight back, hinge through
hips and create hamstring stretch
10-15 reps each leg

Band just under knees, feet shoulder width apart, squat then lateral step and repeat
20 squats

Warm Down:

- Lunge position, hip stretch, 20 seconds each leg
- GMVA warm down exercises
- Trigger point work through glutes and hips with the Point of Relief

