



GMVA Knee Rehab Program

Warm Up:

- A few minutes of movement

Program:

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

Single leg elevated hamstring extension
10-15 each leg

Balance on 1 leg, close eyes if you can
60 seconds each leg

Seated with band around both ankles. Small lift and hold with a straight leg
30-60 second hold each leg

Band just under knees, feet shoulder width apart, lateral steps back and forth
15 steps each way

Single leg balancing deadlift
12 each leg

Warm Down:

- Prone hip stretch, 20-30 seconds each leg
- Glutes or bum stretch, 20-30 seconds each leg
- Quad stretch, 20-30 seconds each leg
- Trigger point work through glutes and hips with the Point of Relief

