

# 6 WEEK KNEE RESTORATION & STRENGTH PROGRAM

By Jason Dick

Complete 3 rounds of the following 4 exercises 3 times/week

Begin or finish each session with 10 minutes of Backwards Walking

## BACKWARDS WALKING



SCAN OR TAP HERE

## 1 ANTERIOR TIBIALIS RAISE



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20 repetitions

- Back against wall.
- Pull toes and foot up off the ground.
- Keep heels on the ground.

10 repetitions each leg

- Start at 1 inch off the ground.
- Touch heel of one foot to ground in front.
- Keep load into standing leg heel.

## 2 REVERSE STEP UP

2



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## 3 SPLIT SQUAT



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10 repetitions each leg

- 1 foot forward, the other back.
- Upright torso
- Lower down, push back up.

15 repetitions

- Stand with back to wall, start approx 20cm from wall.
- Slide hips back to touch the wall with your buttocks.
- Keep shins vertical

## 4 WALL HINGE (ROMANIAN DEADLIFT)

4



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