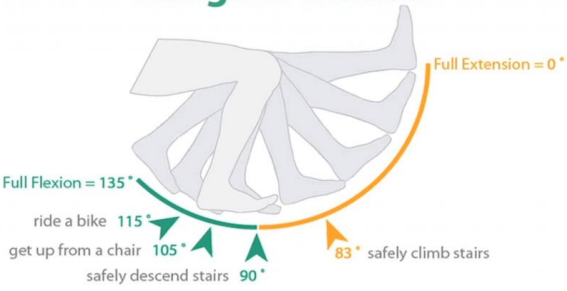
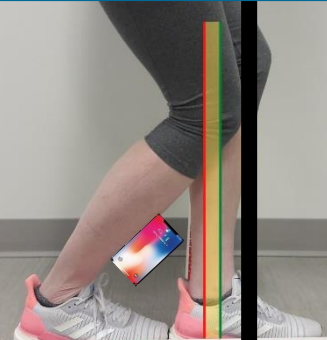
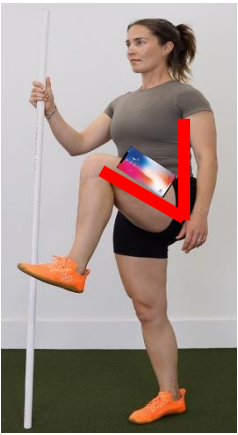
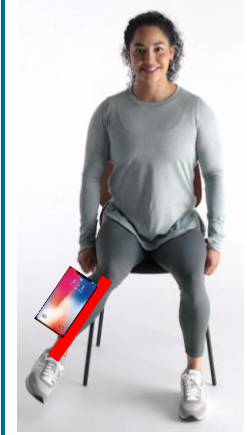

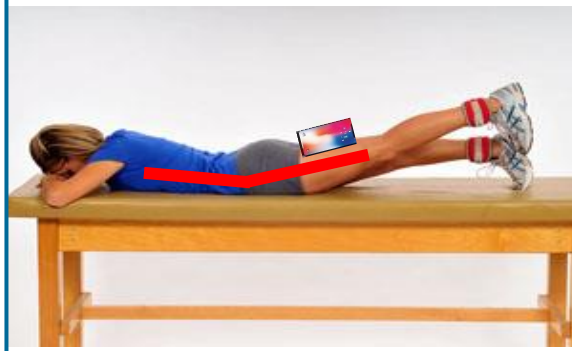

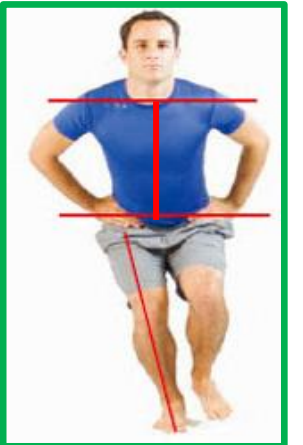


Mobility Guide: Use a Measure or level App on your phone, a partner for help, or place yourself in front of a mirror to estimate amount of motion

<p>Range of Motion</p> 	<p>Ankle Dorsiflexion</p> <ol style="list-style-type: none"> 40 degrees (level App) or 4 inches knees over toes with heel down to wall or Tip of knee moves fully past your other ankle bone (green line pictured) 		
 <p>Hip Flexion 120° No pain</p>	 <p>Internal Rotation 30° No pain</p>	 <p>External Rotation 40° No pain</p>	 <p>Hip Extension 10° No pain</p>

Movement Guide: Place yourself in front of a mirror or set your phone up to record your movement to review after squat tests

<p>Standing Checklist:</p> <ol style="list-style-type: none"> 1. Feet shoulder width apart 2. Toes mostly forward <p>Squatting Checklist:</p> <ol style="list-style-type: none"> 1. Knees travel out over toes 2. Trunk stays centered 		<p>Squatting Checklist:</p> <ol style="list-style-type: none"> 1. Knees travel out over toes 2. Pelvis stays level 3. Trunk stays vertical 4. Pain free 	
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Mobility Restoration Guide: If you are limited in a movement test from page 1; try performing the associated activity to restore normal motion in that direction at that joint

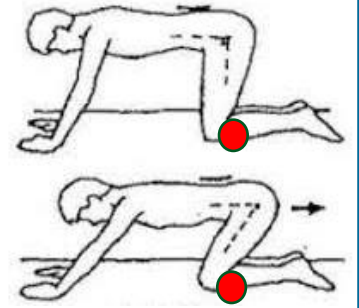
Knee Extension Limitation:

Propped Knee Straightening Stretch: While sitting in a chair or lying down, place your foot on top of another chair seat or towel, then rest in this position with the foot relaxed for 5-15 mins 3x/day. Press down for more stretch if needed



Knee Flexion Limitation:

Rocking Kneeling Stretch: place a **rolled-up towel** on the upper part of your shin, then rock backwards to a comfortable stretch, hold there for 30 seconds, repeat 10x, 5 sets per day

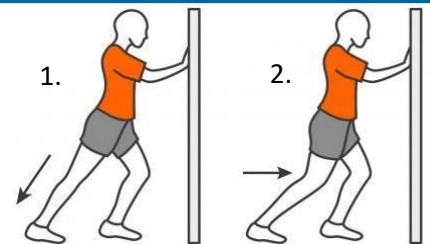


Hip Flexion Limitation:

Rocking Kneeling Stretch: (Without a rolled-up towel), start on all 4's and rock backwards to a comfortable stretch (not pinching) in the front of your hip, hold there for 30 seconds, repeat 10x, 5 sets per day

Ankle Dorsiflexion Limitation:

Calf stretching: Keep your heel down as you lean towards a wall. Stretch 1 is with a knee straight knee and stretch 2 is with a bent knee. Repeat both 5x for 30 seconds, perform 2-3x/day



Hip External Rotation Limitation:

Lay on your back and pull your knee and lower leg towards your opposite shoulder. Hold for 30 seconds repeat 5x, 2-3x/day



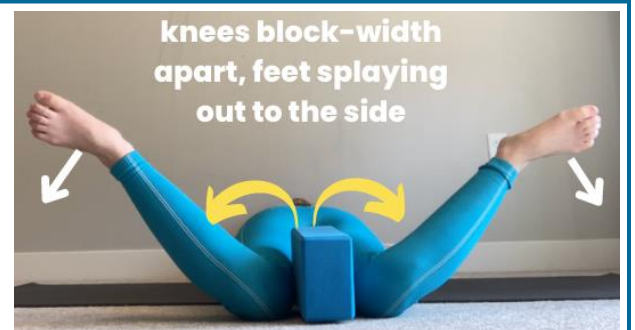
Hip Extension Limitation:

In kneeling: keep torso vertical and gently lunge forward onto front foot to stretch the front side of the knee down side. Hold for 15 seconds repeat 10x, 2-3x/day




Hip Internal Rotation Limitation:

Lay on your stomach with a block or ball between your knees, bend your knees to 90 degrees then gently allow your feet to fall out to the side for a comfortable stretch. Hold for 30 seconds repeat 5x, 2-3x/day




Knee Activity Maintenance Guide: If you are looking to maintain or add strength and endurance for your winter sports try these movement strengthening activities.



90°
or
180°


Double or Single Leg Jump Turns

- 10 Reps / Leg & Direction



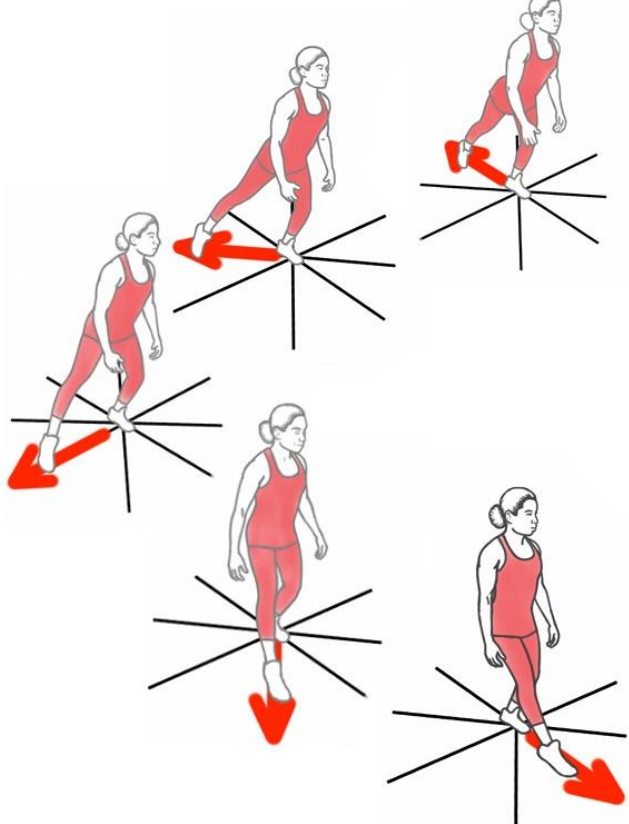
Skaters

- 20 Reps OR 1-2 Minutes



Max Box (or Vertical) Jumps

- 12 Reps OR 1-2 Minutes



Floor Washers

Scrub foot out and back in one direction as fast as you can maintaining a stable stance knee.

- 1-2 Minutes Each Direction back to Stance Foot

Activity Prescription

- Start with 3 sets of these exercises
- Track how your muscles/joints feels the next 48 hours and increases or decreases the amount as you need to hit your target activity