

## **Knee Stability – Repeat 4-6 weeks**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**



Follow the program below doing Day One, followed by Day Two, then a rest day. Rest 1-2 minutes between sets.

### **Day One**

[Knee Isometrics – Build up to 45 second holds for 3-4 sets in each position](#)

[Tibialis Raises – Build up to 3 sets of 20 repetitions](#)

[Wall Calf Raises - Build up to 3 sets of 20 repetitions](#)

[Hamstring Bridge – Build up to single leg for 3 sets of 30 seconds, start with two legs.](#)

[Peterson Step Down – 3 sets of 8-12 reps each side \(Add weight later and use higher step\)](#)

### **Day Two**

[Long Lever Squat – 3 sets of 8-12, progressing the depth of the position over time](#)

[Side Drop Down – 3 sets of 8-12](#)

[Soleus Raises – Build up to 3 sets of 20 repetitions](#)

[Copenhagen – 3 sets max time](#)

[Slant board squats - 3 sets of 15](#)