

# 5 EXERCISES FOR PAINFUL KNEES & GREATER MOBILITY



**KNEE FLEXION RSR ROUTINE**

# Welcome!

Thanks for downloading the cheat sheet for fixing knee pain while doing squats! Are you ready for pain-free squats?

At Precision Movement, we come across a lot of stories from people with bad knees, whether from sports or “it just runs in the family.” Since our knees hold a structural load of 4x our body weight, that can result in wear and tear over time, especially if movement patterns aren’t quite aligned.

In our quest to improve movement longevity for anyone who wants to learn, knees and shoulders get the most attention since they tend to cause the most problems as people age.

This cheat sheet will cover the 5 exercises from the [Knee Flexion RSR routine in ROM Coach](#). (It’s a free app for both iPhone and Android that has both targeted routines like this and a Daily Movement Tuneup that will target all of your muscles over a couple of weeks.)

The only equipment you need is a strap or a towel. Have one handy.

To get the most out of this routine, set an alarm and perform the exercises 2 or 3 times a week. Tying it to a habit you already have, like drinking coffee in the morning or brushing your teeth, will help prevent missing days.

The first time you perform these exercises, you should feel a little looser. Your movement will feel a little more fluid. As you keep doing this for a few weeks, you will notice that feeling starting to last several hours to a day. With time and practice, you can make this feeling last as you adjust your movement patterns as keep active.

# THE ROUTINE

The Knee Flexion RSR routine focuses on building alignment throughout the knee joint. The biggest problem with knee pain is that it often stems from weaknesses in the hips or ankle, making it tricky to solve.

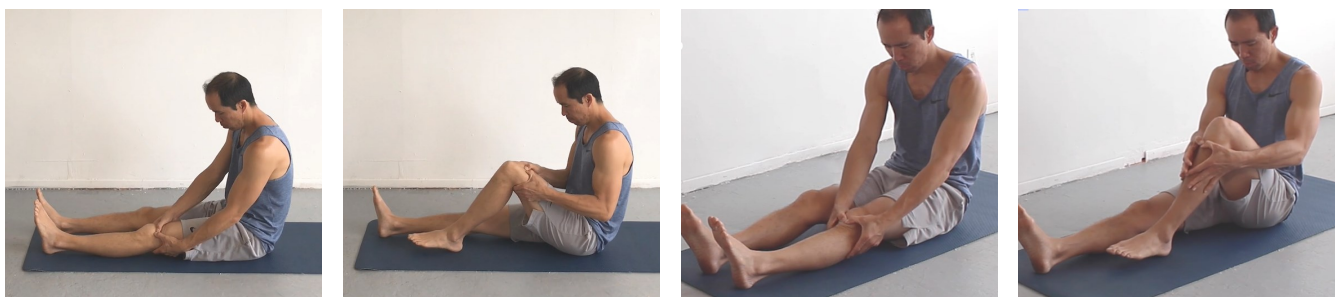
This routine addresses each of the potential root causes and retrains your neuromuscular patterns to support your knee health instead of wearing down the soft tissues.

Take your time with these exercises. Form before speed. Your body will tell you if you're pushing too hard.

Exercise	Sets	Reps / Hold Time
ASMR: Anterior Knee	1	1-2 min per side
Knee Flexion/Hip Extension Dissociation	1	3 cycles, 5 sec hold
Prone Knee Flexion Level 2 ERE	1	2 cycles, 10 sec hold
1-Leg Butt Scoot	2	4 reps, 5 sec hold
Sprint Start Lunge	2	3 reps

## 1) ASMR: Anterior Knee (1 set x 1-2 min per side)

Active self-myofascial release beats stretching every time. You increase the blood circulation in the area and help break up scar tissue from old damage. The anterior knee version targets your quads, patellar tendons, and IT band.



- 1 Place thumbs above patella
- 2 Flex your ex knee as you slide thumbs up
- 3 Place thumbs below patella
- 4 Flex knee as your slide thumbs down

## 2) Knee Flexion/Hip Extension Dissociation (1 set x 3 cycles w/ 5 second hold )

Dissociation helps you retrain your brain by breaking old, damaging movement patterns. The movement forces your body to use the correct, unperforming muscles instead of the muscles that have been compensating for the movement this whole time.



- 1 Lift the foot with knee extended
- 2 Fully flex the knee and extend the hip
- 3 Activate for 1 slow breath
- 4 Extend the knee with hip flexion
- 5 Activate for 1 slow breath

## 3) Prone Knee Flexion Level 2 ERE (1 set x 2 cycles with a 10 second hold)

This exercise improves the range of motion in your knee. You will need a towel or strap for this one.



- 1 Pull your heel to your butt for 1 slow breath
- 2 Extend your ankle into the strap for 1 slow breath
- 3 Turn your toe out while maintaining knee flexion for 1 slow breath
- 4 Point your tow in while maintaining knee flexion for 1 slow breath
- 5 Return to pulling your heel to your butt for 1 more slow breath

#### 4) 1-Leg Butt Scoot (2 sets x 4 reps at a 5 second hold )

Several knee problems come from sleepy hamstrings. This exercise will fire up that muscle group to take the pressure off of your quads.



- 1 Extend one leg and pull the other in so your foot is flat on the floor
- 2 Using your hand to support your weight, lift your hips off the ground
- 3 Maintain metatarsal pressure on your supporting foot
- 4 Slide your butt toward your foot to your full knee flexion, hold for 5 seconds
- 5 Pull your butt back toward your hand, hold for 5 seconds
- 6 Complete all reps on one side before switching

#### 5) Spring Start Lunge (2 sets x 3-5 reps)

This exercise focuses on function, bring your body up from the ground. In the sprinter's starting pose, you will put several major muscle groups through their full range of motion.



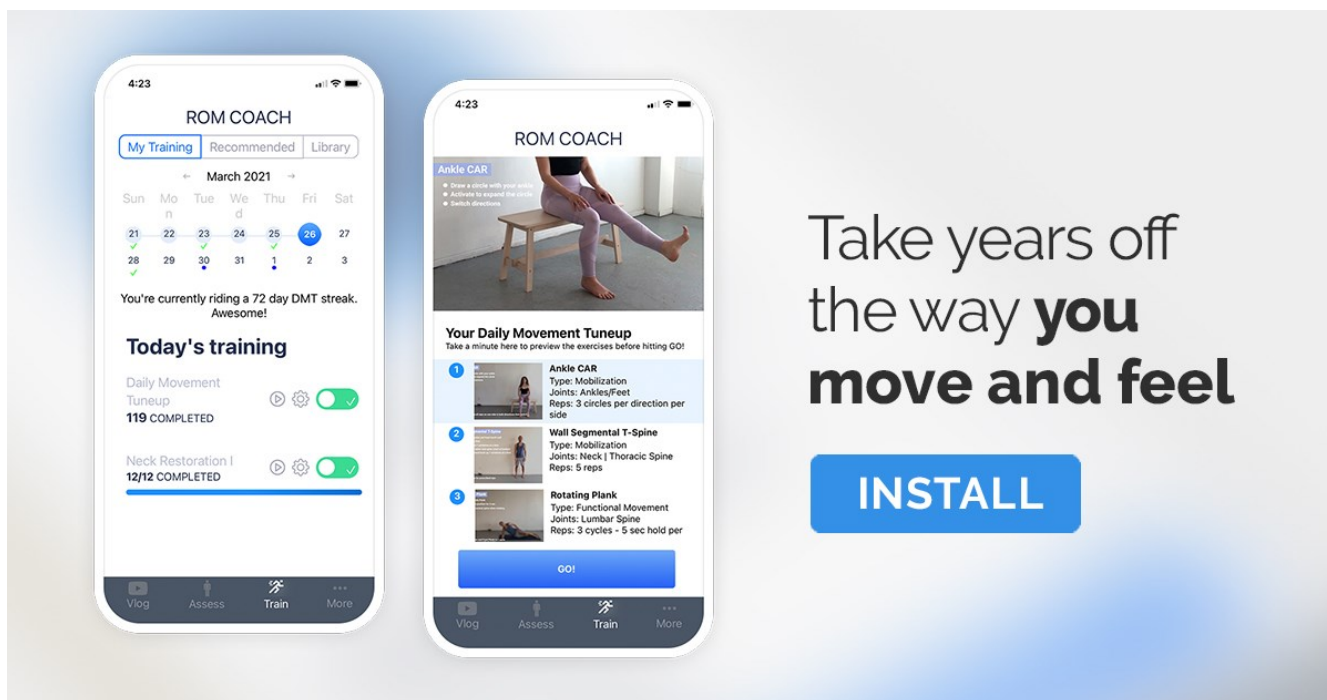
- 1 With your feet staggered, put your fingertips on the ground
- 2 Keep your weight on your front foot through the whole movement, it should stay flat on the ground
- 3 Stand up slowly, lifting your rear foot off the ground as soon as possible

The first time you complete this set of exercises, you will feel looser in your ankles and hips - depending on what area is tight.

These all target the causes of knee pain when you squat.

Do this series 2 or 3 times a week for the next 4 to 6 weeks. Then reassess to see how your knees feel. It takes time for your muscles to build strength and your brain to learn new movement patterns. Keep at it, and you'll feel the difference.

If you found this series helpful, there are tons more in our [ROM Coach app](#). It's free to download and start doing the Daily Movement Tuneup (you can even set a reminder to build the habit.) It takes about 5 minutes each day and will target every movement system over the course of a couple weeks.



This particular routine can be found in the ROM Coach library under Knee Flexion RSR. You can follow along with the video and build in a variety of routines into your exercises regimen.

Coach E built these exercises to give you the most efficient way to focus on your movement longevity without spending hours in the gym. You are always welcome to reach out to us with any questions via email, comments on any platform, or our Facebook [VIP group](#). We'd love to hear from you!

Thank you for taking the time to try out this quick knee pain program. We hope it will serve you well and help you keep doing what you love to do for a very long time.