

Total Knee Health - Program Overview

Phase 1: Getting Started

Minimum Duration: 4 Weeks

Hard Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretches

- Hip Flexor stretch, alternated with wall hold (*if necessary*)
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Amosov Squat

Strength Training

- Assisted one-legged deadlift, 3 sets of 6 to 12 reps per side
- Gluteal marching, 3 sets of 8 to 16 reps per side
- Balance Drill, alternated with front plank variation for time, 3 rounds
- Hip Abduction, 3 sets of 8 to 12 reps per side
- Ankle Band Walks, 3 sets of 8 to 12 steps per side
- Clams, 3 sets of 8 to 12 reps per side
- Wall Sit, alternated with side plank for time, 3 rounds

Medium Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretches

- Hip Flexor stretch, alternated with wall hold (*if necessary*)
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch

Postural Corrections

- Scapular Wall-Slides
- LYT-Shoulder Series
- Forward Head Posture Fixes
- Lying Psoas March

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Stepping over the fence
- Amosov Squat (half the number of reps from previous day)

Strength Training

- Gluteal marching, 2 sets of the lowest rep count you did the day before
- Hip Abduction, 2 sets of the lowest rep count you did the day before
- Clams, 2 sets of the lowest rep count you did the day before
- Balance Drill, once per side as long as possible without flailing

Active Recovery Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretches

- Hip Flexor stretch, alternated with wall hold (*if necessary*)
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch

Postural Corrections

- Scapular Wall-Slides
- LYT-Shoulder Series
- Forward Head Posture Fixes
- Lying Psoas March

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Stepping over the fence
- Amosov Squat (half the number of reps from hard day)

Phase 1 Progression Test

- 100 repetitions of the **Amosov Squat**
- Full range of motion
- Pain-free
- Abdominal breathing through nose

Phase 2: Getting Well

Minimum Duration: 4 weeks

Hard Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- Hip Flexor stretch, alternated with wall hold
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Flat Foot Squat mobilization
- Z-Sit mobilization
- Stepping over the fence, with chair
- Bear Squat

Strength Training

- One-legged deadlift variation, 3 sets of 6 to 12 reps per side
- Gluteal marching with weight, 3 sets of 8 to 16 reps per side
- Hip Abduction with band, 3 sets of 8 to 12 reps per side, alternated with front plank variation for time
- Ankle Band Walks, 1 set of 8 to 12 steps per side
- Clams with band, 3 sets of 8 to 12 reps per side
- Bodyweight squat, 20 to 100 reps

Medium Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- Hip Flexor stretch, alternated with wall hold
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Postural Corrections

- Scapular wall-slides
- LYT-Series
- Forward head posture fixes
- Lying Psoas March

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Flat Foot Squat mobilization
- Z-Sit mobilization
- Stepping over the fence, with chair
- Bear Squat

Strength Training

- Gluteal marching with weight, 2 sets of the lowest rep count you did the day before
- Hip Abduction with band, 2 sets of the lowest rep count you did the day before
- Clams with band, 2 sets of the lowest rep count you did the day before
- Bodyweight squat, half of the reps you did the previous day

Active Recovery Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- Hip Flexor stretch, alternated with wall hold
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Postural Corrections

- Scapular wall-slides
- LYT-Series
- Forward head posture fixes
- Lying Psoas March

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Flat Foot Squat mobilization
- Z-Sit mobilization
- Stepping over the fence, with chair
- Bear Squat

Phase 2 Progression Test

- 100 bodyweight squats
- Full range of motion
- Pain-free
- Abdominal breathing through the nose
- Take your time and don't rush through the movements, it's not a competition!

Phase 3: Up & Beyond

Minimum Duration: 8 Weeks

Hard Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- *If necessary*
- Hip Flexor stretch
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Low Cossack
- Stepping over the fence, with chair
- Boot-Strapper
- Shin Roll

Strength Training

- Gluteal Activation Routine, 5 to 10 reps per side
- Force Absorption Routine, 2 sets of 10 reps
- King Deadlift, 3 sets of 6 to 12 reps
- Spetsnaz Wall Squat, hold for maximum time, one set

Medium Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- *If necessary*
- Hip Flexor stretch
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Postural Corrections

- If necessary

Joint Mobility

- Ankle mobility routine
- Leg swings front/back
- Leg swings side to side
- Low Cossack
- Stepping over the fence, with chair
- Boot-Strapper
- Shin Roll

Strength Training

- Power Walk, 10 to 20 steps
- Ankle Band Walk, 10 to 20 steps
- Gluteal marching with weight, 1 set of 8 to 12 reps per side
- Hip Abduction with band, 1 set of 8 to 12 reps per side, alternated with front plank variation for time
- Clams with band, 1 set of 8 to 12 reps per side

Active Recovery Day

Foam Rolling

- Calves
- Quadriceps and Hip Flexor
- Iliotibial Band and Tensor Fascia Latae
- Hamstrings
- Adductors
- Gluteal Muscles
- Underside of the foot

Stretching

- *If necessary*
- Hip Flexor stretch
- Piriformis Stretch
- Soleus Stretch
- Gastrocnemius Stretch
- Samurai Sit

Postural Corrections

- If necessary

Joint Mobility

- Ankle mobility routine
- Low Cossack
- Stepping over the fence, with chair
- Shin Roll

Phase 3 Progression Test

Test 1: Low Cossack

- 10 repetitions without support

Test 2: King Deadlift

- 5 repetitions without support

Test 3: Spetsnaz Wall Squat

- Hold at least one minute

Additional Notes

“If necessary” means that you should only do these drills if you feel you’re still deriving a benefit. In other words, you can safely skip them if they don’t challenge you anymore at all. Don’t skip them because you don’t like them, in fact, if you don’t like them you have to do them!

Explanations of the individual exercises can be found [in the book](#) or in the [supporting material](#).

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