





GENERAL GUIDELINES FOR WORKING WITH KNEES

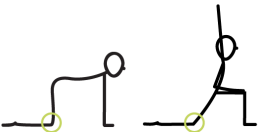

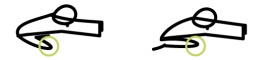


The relative position between the hip joints, knee joints and ankles (called *tracking*) is the result of both musculoskeletal conditions and movement patterns. Tracking is the most informative visual cue that we can use in working with knees, as knees usually end up on the receiving end of what's going on above them (hips) and below them (ankles and feet). Here is how we work with the knees:

1. INVESTIGATION

- **Conversation.** Try to discover unfortunate movement patterns in regular activities that create problems or impede healing (golf, tennis, running, biking, hiking, gardening, sitting).
- **Observation.** Check the alignment of hips, ankles and feet in relation to each other in different positions.

STANDING	SUPINE	KNEELING	IN POSES
			
TRACKING WEIGHT DISTRIBUTION	TRACKING ROTATION	WEIGHT DISTRIBUTION ROTATION DISPLACEMENT	ROTATION DISPLACEMENT

2. CAUTION

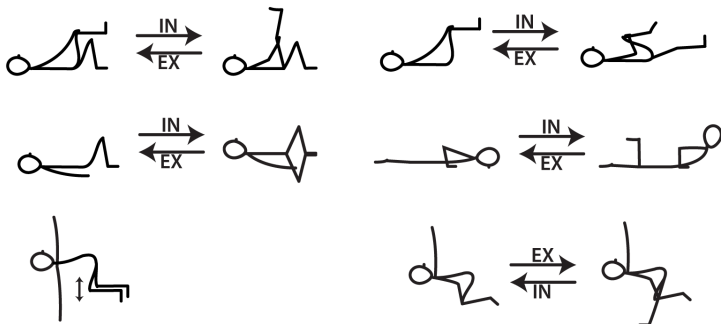
	AVOID KNEELING POSES if they cause discomfort. Both knees on the floor might feel different than one knee on the floor.
	STAY AWAY FROM LEVERAGED POSITIONS where the hands are holding the ankles
	DO NOT DO POSES with extreme hip rotation (internal and external)
	AVOID "DROOPY KNEE" - instead keep your knees aligned over your ankles
	EXPERIMENT WITH NON WEIGHT-BEARING POSITIONS first before moving on to weight bearing poses.

3. INTERVENTION

- ELIMINATE AND/OR MODIFY dysfunctional movement patterns
- LUBRICATE the knee joint through movement in non-weight bearing positions
- INCREASE CIRCULATION to surrounding musculature to facilitate healing
- ESTABLISH new movement patterns by focusing on the trajectory of movement and alignment
- EVALUATE the relative condition of hamstrings, quads, adductors, abductors and external rotators
- RELEASE chronic muscle contraction by using the contract-relax-stretch principle
- STRENGTHEN what's weak by holding the pose with proper alignment in a weight bearing position
- ENCOURAGE functional tracking patterns on and off the mat

USEFUL MOVEMENTS

NON-WEIGHT BEARING



WEIGHT BEARING

