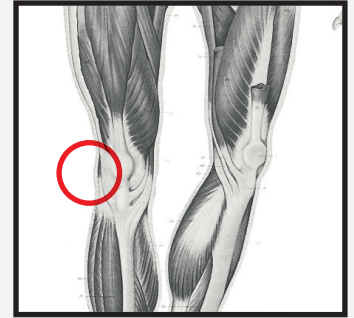


PAIN AT THE OUTSIDE OF YOUR KNEE? USE re+ TOOLS AS PART OF YOUR RECOVERY.

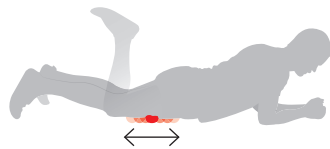


RELEASE TECHNIQUES

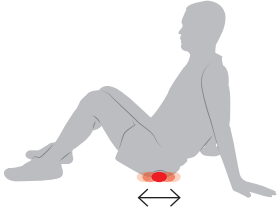
Hamstring roll



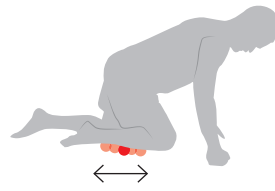
Quad roll



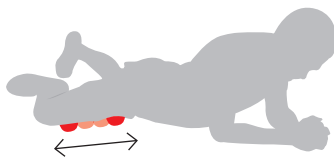
Glute/piriformis roll



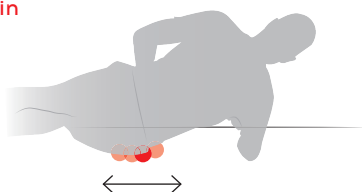
Front leg roll



Adductor roll

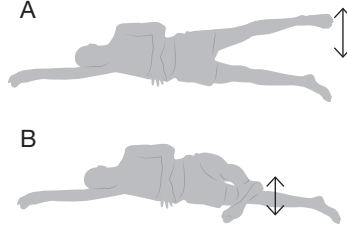


TFL/glut med/min



STRENGTHEN TECHNIQUES

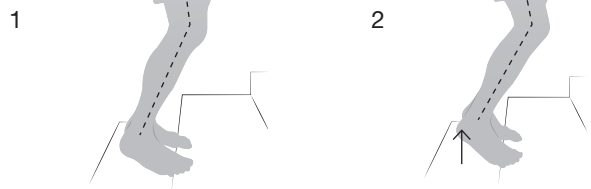
Wall glutes



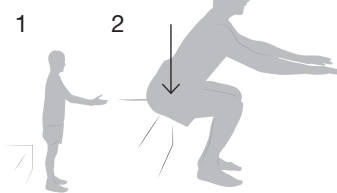
Hip extensions



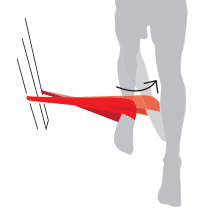
Moguls



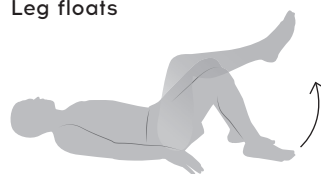
Box squats



QF wipes



Leg floats



Foot scrapes



Check out our website for detailed instructions and videos.
This program is aimed to supplement the specific advice given to you by your experienced clinician.
If pain increases with any activity, stop and see your professional!

USE rechargeclass AS PART OF YOUR RECOVERY.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

Pain on the outside of your knee is often due to iliotibial band friction syndrome (ITBFS) and is common in distance runners. There is conjecture as to why it occurs, but the current thought is that the large tendon on the side of your thigh (ITB) rubs over the bony prominence just above the outside of your knee. Other issues have similar symptoms as ITBFS, so please ensure you see an experienced clinician about your knee pain to get an accurate diagnosis. Doing so will allow your therapist to suggest a targeted treatment, improving your chance for a great outcome.

What relieves it?

The first step is to avoid activities that cause you pain. The occasional use of ice and anti-inflammatories may help immediately following exercise or aggravating activities. After a few days to weeks, soft tissue therapy and a specific strengthening program are required to reduce the tightness in the surrounding structures and improve the way you use your body. Your health professional will be able to monitor your improvements and alter your release and strengthening program as you require. The aim of your rehabilitation program should be to correct your biomechanics at, above and below your knee. You may also wish to continue your rehabilitation program after you return to sport to reduce the likelihood of a relapse.



Images credits:
Laskowski, S. 1894 Anatomie normale du corps humain

Release and Mobilise

These are passive changes applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes on its own. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).