



Tools RG
Keep you in motion

APEX KNEE STUDY

Personalised Exercise Program

1.



Sit on a chair with your feet on the floor.

Stand your knees as much as possible.

Repeat ___ times.

2.



Stand with one on a support and bring one leg slightly backwards.

Stand your knees and lift your feet off the floor. Hold ___ sec.

Repeat ___ times.

Effortless fit

Effortless fit

3.



Lying on your side with your legs bent. Take hold of the ankle of your upper leg.

Gently draw your feet towards your buttocks. Feel the stretch in the front of your thigh. Hold ___ sec.

Repeat ___ times.

4.



Stand holding on to a support. Stand one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttocks. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold ___ sec.

Repeat ___ times.

Effortless fit

Effortless fit

5.



Sit and Reach

Sit on the floor with your legs straight. Reach forward to touch your feet, cutting directly through the whole of your spine.

Hold for ___ sec.
Repeat ___ times.

6.



Sit on a chair.

Pull your knee up, tighten your thigh muscle and straighten your knee. Hold approx. 8 sec. and slowly relax your leg.

Repeat ___ times.

Effortless fit

Effortless fit



7. Sitting with your arms crossed.

Stand up and then sit down slowly on a chair. (This can be made easier and more difficult by changing the height of the chair.)

Repeat ___ times.



8. Stand straight with feet apart and pointing forwards.

Slowly bend your knees and then return to starting position.

Repeat ___ times.



9. Stand in front of a 20-40 cm step.

Step up ___ times with one leg leading and then repeat with the other leg leading.

Repeat ___ times.



10. Stand.

Walk up and down stairs.

Walk ___ steps in ___ min.



11. Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat ___ times.



12. Lying on your back with knees bent.

Squeeze your buttocks together and lift your bottom off the floor. Return to starting position.

Repeat ___ times.



13. Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor.

Repeat ___ times.



14. Single Leg Stand

Start by standing on a small sitting board with one leg, your knee slightly bent. Shift your weight slowly from one leg while lifting the other one. Try to balance in this position, too. If you can perform this exercise neatly, try it with your eyes closed.

If necessary hold on to something.