

Knee Health Mobility Routine



Go through routine before any kind of physical activity
(workout, walks, running, biking, sports etc.)

Roll IT band 1-2 minutes both legs
Roll each glute with lacrosse ball against wall x1 minute
Squish left big toe into ground, right leg tapping at 8 o'clock and 2 o'clock x10 reps
Squish right big toe into ground, left leg tapping at 10 o'clock and 4 o'clock x10 reps
Alternating half lateral lunges leaning over big toes x12 reps
Tri Plane Lunges, lunging into 12, 3, 9, 4, and 8 o'clock for 5 rounds each leg
Goblet Squats in staggered stance tracking knees over 2nd+3rd toe 8 reps each leg
Forward Lunge with reach across outside knee 5 reps each leg