

Age Less Move More

Healthy Knees Movement Sheet



Lunge to Runner's stretch

From all fours with your hands under your shoulders and your knees under your hips. Roll your inner arms out and lift your ribs up and in toward your spine and down toward your pelvic rim.

Hold your low back in this neutral position as you step your right leg forward. Walk your right leg as far forward as possible. If you need use a block to prop up your right hand. Exhale drop your tail down and forward keeping your ribs in and down. Inhale open your heart. No wrinkles in the back of your neck.

Keep breathing in through your nose and out through your mouth. When ready straighten your front leg. Keep your pelvis even, roll your inner leg in, push through your heel and bring your toes back to look at your body. Drop your belly toward your

thigh and your chest toward your knees. Keep your head loose and free. Hold and breathe and when ready come back to lunge. Do at least two times.

When ready to come out go back to all fours.

Switch sides and step your left leg forward. Walk your left leg as far forward as possible. If you need use a block to prop up your left hand. Exhale drop your tail down and forward keeping your ribs in and down. Inhale open your heart. No wrinkles in the back of your neck.

Keep breathing in through your nose and out through your mouth. When ready straighten your front leg. Keep your pelvis even, roll your inner leg in, push through your heel and bring your toes back to look at your body. Drop your belly toward your thigh and your chest toward your knees. Keep your head loose and free. Hold and breathe and when ready come back to lunge. Do at least two times.

When ready to come out go back to all fours.

Release your legs to allow your knees to heal.