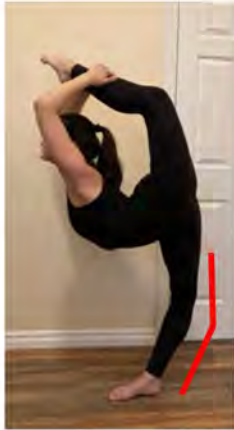
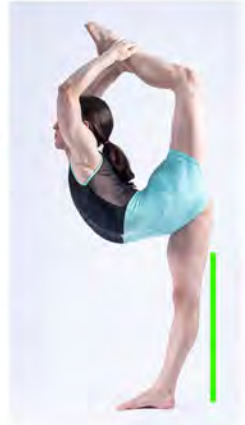


TIPS for Protecting Hyperextended Knees



When students have hyperextended knees, it can be a challenge to find the awareness, control & strength support to protect them...



OUR GOAL

is to learn how to control the hyperextension so the knees are safer, then train the body not to instinctually push into the wrong area during stretches or skills.

Spatial Awareness & Control Exercises

Start to gain control with standing exercises first:

Watch in the mirror during these exercises at first to help

1 Slowly move through the 3 Positions 3x's:

- Hold 2 seconds in Hyperextension
- 10 seconds in Controlled
- 2 seconds in Slightly Bent

Do with both 1 leg at a time, and 2 legs at the same time

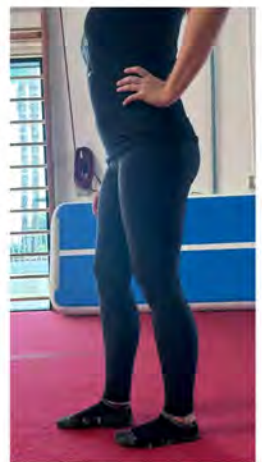
2 Now try to find the Controlled/Soft Knee Position directly & hold for 1 min



Over Hyperextended



Controlled/Soft Knee



Slightly Bent

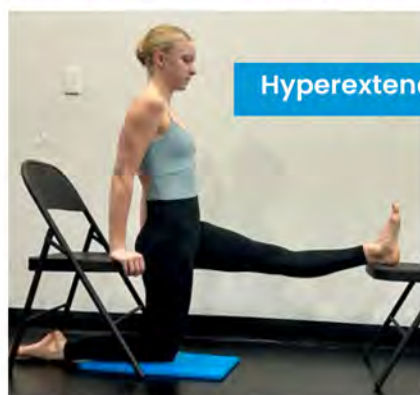


Controlled/Soft Knee

Spatial Awareness & Control Exercises

Now you have the standing control, start finding the control in **stretch** exercises:

- 1** On Knees, place foot on chair seat. Hold the wall for balance. Allow knee to drop into hyperextension, then focus on lifting up into a controlled position for 10 secs. Build amount of time until you can hold for 1 min with light control, not by over tensing.

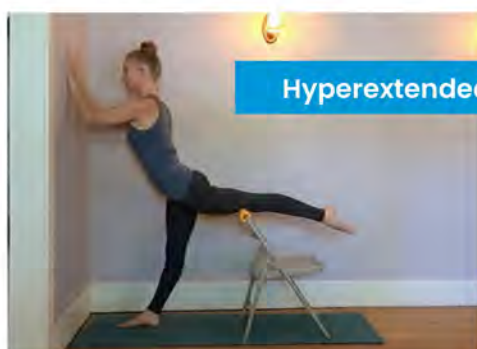


- 2** Lay on Back, cross leg over onto wall & bend back leg. Allow knee to drop into hyperextension, then bring into a controlled/soft knee position. Hold 30 secs and build to a 1 min hold without allowing the knee to drop out of support.



- 3** Stand in a supported Arabesque feet parallel. Practice transferring your support leg from hyperextended knee to controlled/soft knee, hold 20 sec. Gradually increase time to 1 min.

This exercise is more difficult. Make sure you can do Ex. 1 & 2 First



For certain stretches, like front or middle splits, if the knee is in a weight bearing position, it is often better use a support underneath. Here are a few of those positions:



Depending on their degree of hyperextension and level of flexibility, students may have to place the block at different heights, or under different areas. Some feel more supported directly under the knee, some under the calve. Either is fine as long as the knee is protected

Control Exercises

are important for protecting the hyperextension, and for developing the muscle memory to always keep the knee safe.

- 1 Lift up the hips with strong. Control the knees so there is no push from hyperextension, or bent knees. Keep a straight line from the feet to knees to hips. Start with short holds, and build to 1 minute.



- 2 When exercise #1 is easy, lift one leg up and control the support leg on the chair. Start with a few seconds and build to 15 secs.



Make sure the control & strength is equal in both legs

Strength is very important to protect the knee from going into hyperextension. Here are a few good exercises to do at home:

- 1 Lay on back, use an elastic band to bring leg up to 90° very slowly over 30 secs. Pause at 5 places as leg is coming up & work to stabilize the knee - making sure to **NEVER** push into the knee hyperextension.





Make sure to start with a light weight band. Only use a heavier elastic when the position is very stable

2

Put back toe on a chair seat. Stand on a straight support leg. Slowly bend support knee. Make sure to keep knee in alignment, not rolling inward or outward. Return back to straight leg. Start with 5 slow repetitions & build to 10.

