

enovis™

DONJOY®

Managing Knee Osteoarthritis

SUPPORT GUIDE



What is Knee Osteoarthritis (OA)?

There are several types of arthritis, but the most common is osteoarthritis, also known as OA or degenerative joint disease (DJD).

Knee osteoarthritis occurs when the rubbery cartilage that covers the ends of your bones breaks down. Normally, the cartilage provides a cushion between the bones, allowing them to glide smoothly over each other. When the cartilage deteriorates the bones may rub against each other, making it difficult and painful for the knee joint to move properly. Your physician may refer to this as “bone-on-bone” osteoarthritis.

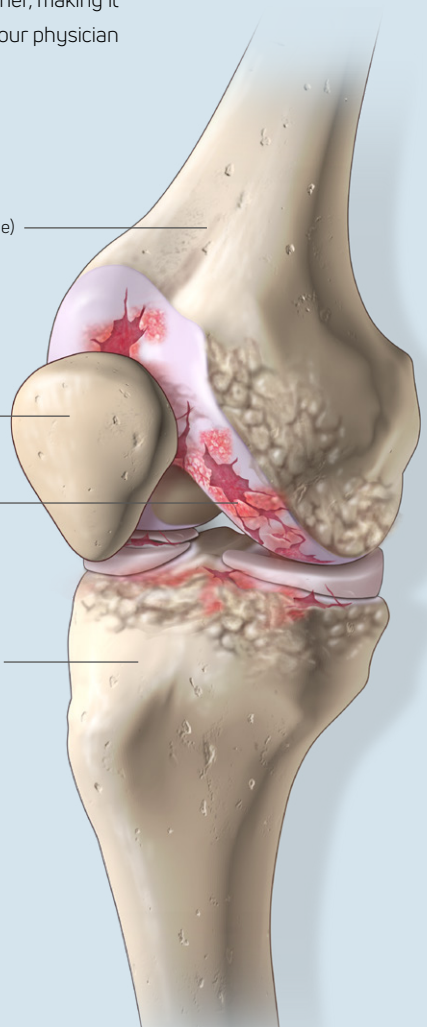
Femur (thigh bone)

Patella

Diseased
cartilage

Tibia (shin bone)

The exact cause of knee osteoarthritis is unknown, but contributing factors may include previous injury, aging, misalignment, genetics and obesity.





Symptoms of Knee Osteoarthritis

1

PAIN

Knee pain may progress from mild soreness and aching with movement to severe pain even during rest. OA can cause pain in several ways, including:

- Irritation and pressure on the nerve endings of the bones
- Inflammation of the joint lining (synovitis)
- Muscle tension and fatigue

2

LOSS OF EASY MOVEMENT

As the cartilage between bones wears away, the joint no longer glides smoothly. Eventually, the ends of the bones become rough and irregular, causing stiffness and lack of mobility. As a result, the muscles around the knee weaken, making movement difficult. The joint may feel locked or it may give way easily.

3

GRINDING AND “POPPING” SENSATIONS

Loss of cartilage leads to friction in the joint that can create these uncomfortable sensations.

4

SWELLING

OA causes inflammation, which can lead to swelling and feelings of warmth around the joint.

Your doctor will typically determine whether you have OA based on your symptoms, medical history, a physical exam and knee X-rays. An MRI may be helpful in some cases to confirm the diagnosis and rule out other conditions.





1. Brophy RH, Fillingim YA. AAOS Clinical Practice Guideline Summary: Management of Osteoarthritis of the Knee (Nonarthroplasty), Third Edition. *J Am Acad Orthop Surg*. 2022 May 1,30(9):e721-e729.

2. Dries T, Van Der Windt JW, Akkerman W, Kluijtmans M, Janssen RPA. Effects Of A Semi-rigid Knee Brace On Mobility And Pain In People With Knee Osteoarthritis. *J Rehabil Med Clin Commun*. 2022 Jul 5;5:2483.

3. Khan SJ, Khan SS, Usman J, Mokhtar AH, Abu Osman NA. Orthoses versus gait retraining: Immediate response in improving physical performance measures in healthy and medial knee osteoarthritic adults. *Proc Inst Mech Eng H*. 2020 Jul;234(7):749-757.

4. Alfatafta H, Onchonga D, Alfatafta M, Zhang L, Boncz I, Lohner S, Molles B. Effect of using knee valgus brace on pain and activity level over different time intervals among patients with medial knee OA: systematic review. *BMC Musculoskelet Disord*. 2021 Aug 12;22(1):687.

5. Nagai K, Yang S, Fu FH, Anderst W. Unloader knee brace increases medial compartment joint space during gait in knee osteoarthritis patients. *Knee Surg Sports Traumatol Arthrosc*. 2019 Jul;27(7):2354-2360.

6. Osteoarthritis in over 16s: diagnosis and management. NICE. 2022 guidelines.

7. Dessinger GM, LaCour MT, Dennis DA, Kleeman-Forsthuber LT, Komistek RD. Can an OA Knee Brace Effectively Offload the Medial Condyle? An In Vivo Fluoroscopic Study. *The Journal of arthroplasty*. 2021 36(4), 1455-1461.

Managing Knee Osteoarthritis

Osteoarthritis is a degenerative disease that usually progresses slowly as you get older. While there is no cure for osteoarthritis, several treatments can help decrease pain and swelling, improve joint motion and muscle strength, and make it easier to perform everyday activities.

Bracing can help stabilize the joint, reduce pain¹ and build stronger muscles, and in some cases, surgery may be recommended to repair or replace the damaged joint.

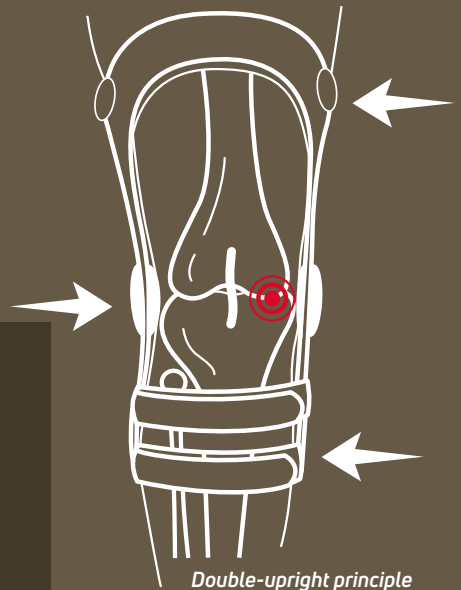
OA pain often causes a person to be less active. In addition to weight gain, decreased activity can cause muscle weakness, which may lead to increased joint pain. Being unable to do your favorite activities can also leave you feeling frustrated and depressed.

Studies have shown that wearing an OA brace can increase daily functions and decrease pain^{1,2,3,4,5}. Patients diagnosed with OA who wear a knee brace may feel better in the morning, be more active during the day, and rest more comfortably at night. Some patients who remain active may experience weight loss and less pain⁶.

Enovis™ makes a variety of braces to specifically manage the symptoms of OA. Through a process called “off-loading” or shifting, these OA braces help relieve pain by redistributing the weight-bearing load from the damaged part of the knee to a stronger area⁷.

We mechanically shift weight away from the damaged part of the knee to address four common relief points for those suffering from OA

Every DonJoy® OA knee brace can offload either the medial or lateral compartment and incorporate load adjustment mechanisms that allow patients to fine tune their brace to meet their daily needs.



Double-upright principle

Finding the Right OA Knee Brace

The right brace for your knee depends on several factors, including the severity of your OA, your symptoms, and your lifestyle and activity level.

The first step is to make an appointment with a rheumatologist, orthopedic specialist or a primary care physician who has experience in managing OA. They can prescribe the most appropriate brace to address your specific needs and help you return to the activities you love.



**OA REACTION
WEB®**



**DONJOY
OA GO®**

NEW



**CLIMA-FLEX
OA®**

EARLY

MILD

Please consult your healthcare professional prior to use.



**ROAM™
OA**

NEW



**OA
FULLFORCE®**



**OA
NANO®**



**OA
ADJUSTER™ 3**



**CUSTOM OA
DEFIANCE®**

MODERATE

SEVERE

ROAM™ OA

THE NEWEST INNOVATION IN OFFLOADER BRACES FROM DONJOY®

Say goodbye to knee pain and hello to ROAM™ OA. From picking up your grandkids to teeing off at the driving range, lightweight, low-profile joint offloading and support never felt so good. ROAM helps improve mobility and provide relief by comfortably offloading the pressure of moderate to severe unicompartmental osteoarthritis or other knee pain⁸.

NEW

Features & Benefits

- Patented magnetic clips help align strap connections without fuss.
- Set and forget technology allows you to don and remove your brace without changing your doctor's settings.
- BOA® dials can be adjusted to set exactly how snug the brace fits.
- The slim hinge design allows the brace to be worn under relaxed clothing for a discrete fit.
- Soft silicone helps keep the brace in place for steady comfort throughout the day.
- Patent-pending comfort straps help the back of your knee remain free.
- The dynamic unloading condyle pad and harness focus offloading when needed most, and increase comfort.
- Available in either left lateral/right medial, or right lateral/left medial, for a reduced SKU count.

Please consult your healthcare professional prior to use.

8. Ramsey DK, Russell ME. Unloader Braces for Medial Compartment Knee Osteoarthritis: Implications on Mediating Progression. Sports Health - A Multidisciplinary Approach. 2009;1(5):416-426.



DONJOY OA GO®

PAIN RELIEF WITH A TWIST.

OA GO from DonJoy® helps provide fast and easy relief from pain and mobility issues caused by mild to moderate knee osteoarthritis[®]. With a simple twist of a dial, this innovative soft knee brace's three-point leverage system quickly offloads the affected compartment to help relieve pain and ease movement.

NEW

Features & Benefits

- OA GO's patented fitting system uses adjustable BOA® dials to create a three-point leverage system that offloads the affected compartment and provides relief.
- Anatomically contoured condyle pads adhere to the knee anatomy for improved pressure distribution.
- Anti-slip bands prevent brace migration and maintain a comfortable fit.
- Breathable, stretchable, antibacterial fabrics aid comfort, compliance, and hygiene, enabling extended periods of use.
- Half wrap, half sleeve, OA GO combines the benefits of both to make fitting quick and easy.
- Twin multidirectional BOA dials deliver a precision fit engineered to perform in the toughest conditions.
- Easy-grip pull tab enables quick and easy attachment and release of the locking plate.

Please consult your healthcare professional prior to use.



Knee Exercises

Holistic knee exercises

Numerous studies on training for knee osteoarthritis show that a continuous and sustainable training process is essential for strengthening the structures in the knee⁹. We therefore offer you four basic exercises that you can do in different variations over a whole year.

In order to achieve your desired success, it is important to carry out your exercises regularly. If you feel generally unwell, reduce the amount of exercise you do.

How many different exercises does my knee program include?

After an initial phase, the exercise plan consists of six different training exercises. These include mobility, strengthening, depth perception and coordination. The level of difficulty of these exercises increases gradually every two months.

- Cycling
- Squats
- Balancing
- Skiers
- Lunges (from month 7)
- Knee presses (from month 7)

Do I need special training equipment for the exercises?

For the exercises that you do while sitting, you need a stable chair. Only the pendulum exercise is performed while sitting on a table. This should be high enough so that you can swing your legs unhindered.

To increase the difficulty of some exercises, we recommend using a medium-strength elastic training band. You will also need a large towel for the balancing exercise. In order to have a stable footing, it is recommended to carry out the exercises barefoot or with non-slip socks. Please always make sure that you can hold on to a wall for support.



How often should I do the exercises?

You can achieve the best results if you carry out the exercises independently three times a week for 12 months, each lasting 30 minutes.

Note: Consult your doctor before starting the exercise program.

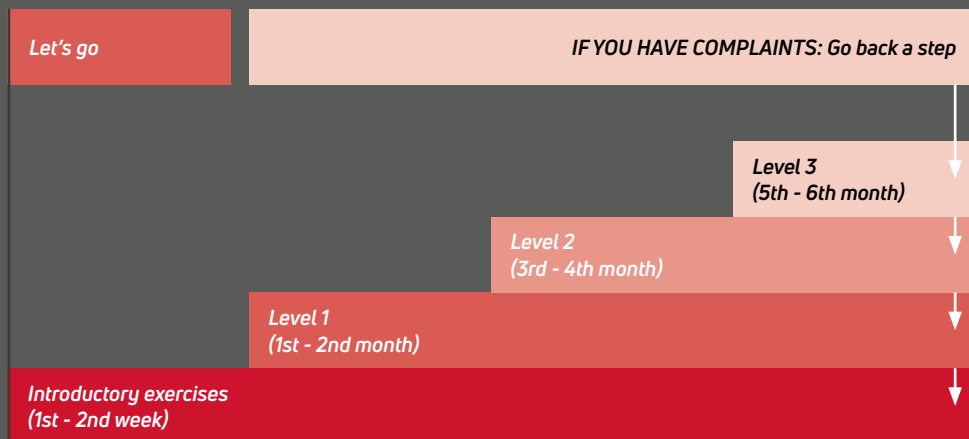
9. Brosseau L et al. The Ottawa panel clinical practice guidelines for the management of knee osteoarthritis. Part three: aerobic exercise programs. *Clinical rehabilitation*, 2017;31(5):612-624.

How do I do my knee exercises?

Start your exercise program in the first two weeks with the introductory exercises. If you can do these exercises without any symptoms, go one step further. Always stay at one level for two months. If you can carry out exercises without any symptoms after this time, go up a level again.

Note: If you feel any discomfort, go back a step for a week.


We also recommend you speak to your physician.

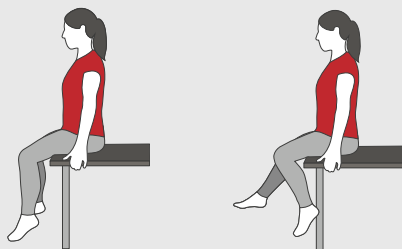



You can follow videos on each exercise at
donjoyoabraces.com

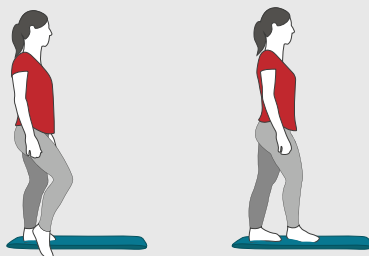


INTRODUCTORY EXERCISES

EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Leg swings</p>	<p>Sit on a table. The thighs are half way up.</p> <p>Make sure that your lower legs can swing freely forwards and backwards.</p> <p>Keep your upper body upright and relaxed.</p> <p>If your seat isn't high enough, you can also place a rolled-up towel under your thighs.</p>	<p>Swing your legs forwards and backwards alternately.</p> <p>Make sure that you only swing back and forth as far as is possible without pain.</p>		<p>Quantity: 3 sets</p> <p>Duration: 1 min</p> <p>Rest: Max. 30 secs</p>




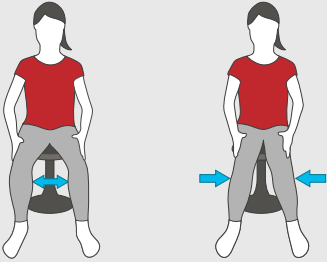
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Balance</p>	<p>Place a towel folded lengthwise on the floor.</p> <p>For safety, you should be able to support yourself against a wall at all times.</p> <p>Stand with one foot on one end of the towel. Hold your body relaxed and upright.</p> <p>Place the other foot with the tips of your toes lightly on the floor. Bend your standing leg slightly.</p>	<p>Hold your balance for 3-5 seconds.</p> <p>Now switch feet and keep your balance for 3-5 seconds.</p> <p>Move along the entire length of the towel like this.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps, hold 3-5 secs</p> <p>Rest: Max. 30 secs</p>




EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>3</p> <p>Cycling</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Stand on tiptoes with one leg so that your heel does not touch the floor.</p> <p>Keep your upper body upright and relaxed and keep your supporting leg bent. For safety, you should be able to support yourself against a wall at all times.</p>	<p>Circle your non-standing leg forwards and backwards like pedalling a bicycle.</p> <p>Move your leg as far forward as you can without pain.</p> <p>Make sure that you keep your upper body relaxed and upright.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side</p> <p>Rest: Max. 30 secs</p>




EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>4</p> <p>Knee presses</p>	<p>Sit on a chair. The thighs are halfway up and the knees are spread about hip-width apart. The soles of your feet and toes are completely touching the ground.</p> <p>Keep your upper body slightly bent forward.</p> <p>Place both palms on the outside of your thighs. Make sure that your hands are not directly on your knee joint.</p>	<p>Now actively press against the resistance of your hands with both knees at the same time.</p> <p>While holding your knees with your hands press together and slowly move apart again.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>

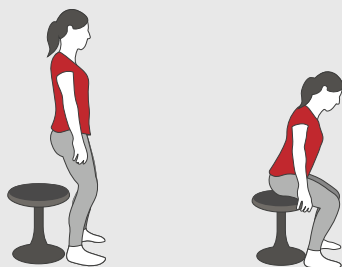



LEVEL 1: EXERCISES FOR THE 1ST – 2ND MONTH

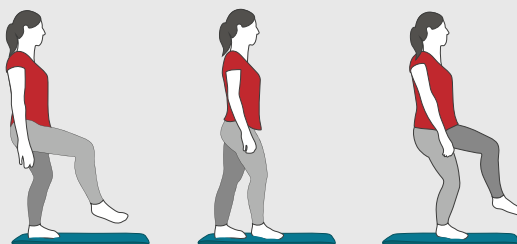
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Cycling</p>	<p>Stand on a towel folded lengthwise. Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Stand on tiptoes with one leg so that your heel does not touch the floor.</p> <p>Keep your upper body upright and relaxed and keep your supporting leg bent. For safety, you should be able to support yourself against a wall at all times.</p>	<p>Now circle your non-standing leg forwards and backwards as if pedalling a bicycle.</p> <p>Move your leg as far forward as you can without pain.</p> <p>Make sure to keep your upper body relaxed and upright.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side</p> <p>Rest: Max. 30 secs</p>



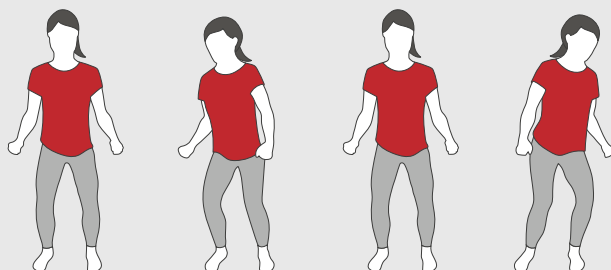
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Squats</p>	<p>Stand in front of a chair with your feet hip-width apart and your legs slightly bent.</p>	<p>Sit down on the chair for a brief moment and stand up again immediately.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>3</p> <p>Balance</p>	<p>Place a towel folded lengthwise on the floor.</p> <p>For safety, you should be able to support yourself against a wall at all times.</p> <p>Stand with one foot on one end of the towel. Hold your body relaxed and upright.</p>	<p>Lift the other leg forward (around 45°) and bend your supporting leg slightly.</p> <p>Hold your balance for 5-7 seconds.</p> <p>Now switch feet and keep your balance for 5-7 seconds.</p> <p>Move along the entire length of the towel like this.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>

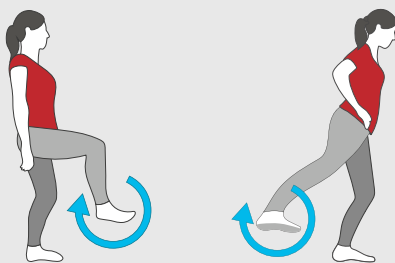



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>4</p> <p>Skiers</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body slightly bent forward.</p>	<p>Press your knees outwards. Try to maintain this tension throughout the entire exercise.</p> <p>Now turn your hips and upper body slightly to the left and right. Move your knees in each direction. Your head follows the movement.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>

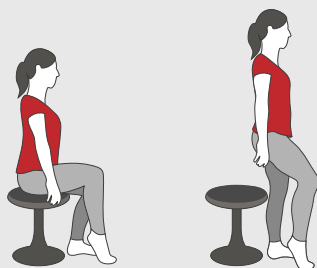



LEVEL 2: EXERCISES FOR THE 3RD – 4TH MONTH

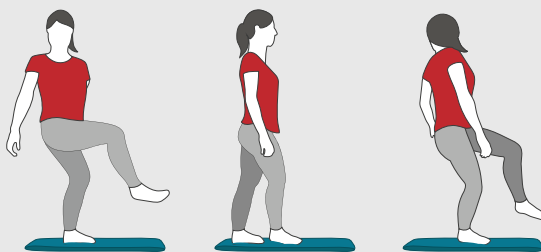
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Swimming</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Stand on tiptoes with one leg so that your heel does not touch the floor.</p> <p>Keep your upper body upright and relaxed and keep your supporting leg bent. For safety, you should be able to support yourself against a wall at all times.</p>	<p>Now raise your leg and push it out to the side and back in as if swimming a breaststroke.</p> <p>Make sure to keep your upper body upright and relaxed.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side</p> <p>Rest: Max. 30 secs</p>




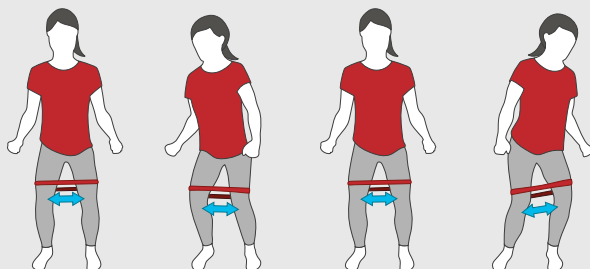
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Squats</p>	<p>Stand in front of a chair with your feet hip-width apart and your legs slightly bent.</p> <p>Stand with one leg on tiptoes so that your heel does not touch the ground and maintain your balance.</p>	<p>Now bend your supporting leg and try to sit on the chair.</p> <p>Try to stand up again like this.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>




EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>3</p> <p>Balance</p>	<p>Place a towel folded lengthwise on the floor.</p> <p>For safety, you should be able to support yourself against a wall at all times.</p> <p>Stand with one foot on one end of the towel.</p> <p>Hold your body relaxed and upright.</p>	<p>Lift the other leg forward (around 45°) and bend your supporting leg slightly.</p> <p>Hold your balance for 5-7 seconds. Turn your upper body towards the raised leg without changing its position.</p> <p>Now switch feet and perform the same movement on the other side.</p> <p>Move along the entire length of the towel like this.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>

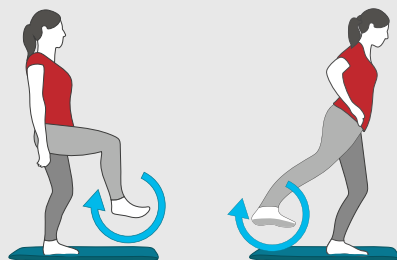



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>4</p> <p>Skiers</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Additionally, place a medium-strength training band around your thighs, above the knee joint.</p>	<p>Keep the training band under slight tension by pressing your slightly bent legs outwards. Try to maintain this tension throughout the entire exercise.</p> <p>Now turn your hips and upper body slightly to the left and right. Move your knees in each direction. Your head follows the movement. Keep your knees parallel and the training band under tension.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>

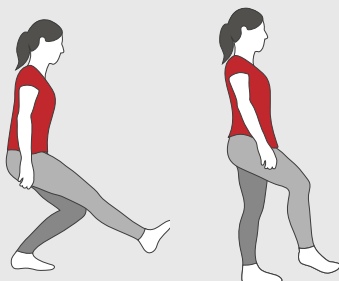



LEVEL 3: EXERCISES FOR THE 5TH – 6TH MONTH

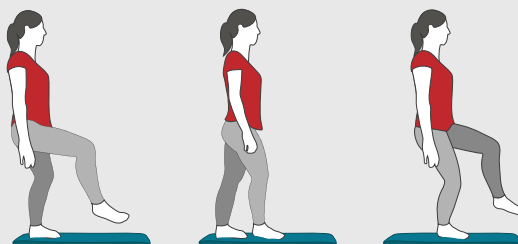
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Swimming</p>	<p>Stand on a towel folded lengthwise.</p> <p>Stand on tiptoes with one leg so that your heel does not touch the floor.</p> <p>Keep your upper body upright and relaxed and keep your supporting leg bent.</p>	<p>Now raise your leg and push it out to the side and back in as if swimming a breaststroke.</p> <p>Make sure to keep your upper body upright and relaxed.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>




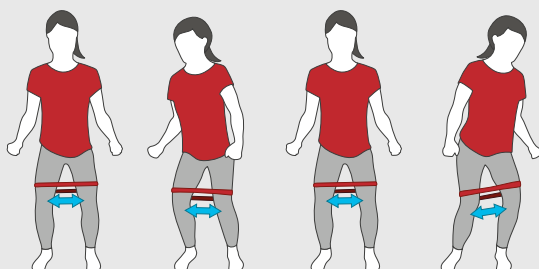
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Squats</p>	<p>Stand in front of a chair with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body slightly bent forward.</p>	<p>Lift one leg and hold your balance.</p> <p>Now try to bend your standing leg as far as possible without the other leg touching the ground.</p> <p>Keep your upper body bent slightly forward and the lower leg of the supporting leg as vertical as possible.</p> <p>Now come back to the starting position with your leg held up.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps</p> <p>Rest: Max. 30 secs</p>



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>3</p> <p>Balance</p>	<p>Place a towel folded lengthwise on the floor.</p> <p>For safety, you should be able to support yourself against a wall at all times.</p> <p>Stand with one foot on the end of the towel. Hold your body relaxed and upright.</p>	<p>Try to keep your eyes closed.</p> <p>Lift the other leg forward (around 45°) and bend your supporting leg slightly.</p> <p>Hold your balance for 5-7 seconds.</p> <p>Now switch feet and keep your balance for 5-7 seconds.</p> <p>Move along the entire length of the towel like this.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>4</p> <p>Skiers</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Additionally, place a medium-strength training band around your thighs, above the knee joint.</p>	<p>Keep the training band under slight tension by pressing your slightly bent legs outwards. Try to maintain this tension throughout the entire exercise.</p> <p>Now turn your hips and upper body slightly to the left and right. Move your knees in each direction. Your head follows the movement. Keep your knees parallel and the training band under tension.</p> <p>In the respective position, try standing on tiptoes with your non-weight-bearing leg or lifting your leg slightly off the floor.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side</p> <p>Rest: Max. 30 secs</p>



What do I do next?

You have successfully completed the exercises up to the 6th month – great! Now you can continue with the supplementary exercises. Increase the number of repetitions of the exercises from the 5th to 6th month until you reach your personal optimum and supplement these with the exercises that you will find on the following pages.

Note: If you feel any discomfort, go back a step for a week. We also recommend you speak to your physician.

Go on

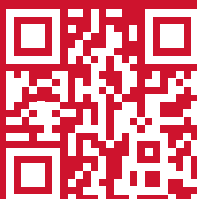
IF YOU HAVE COMPLAINTS: Go back a step

*Exercises (5th - 6th month)
& supplementary exercises (11th - 12th month)*

*Exercises (5th - 6th month)
& supplementary exercises (9th - 10th month)*

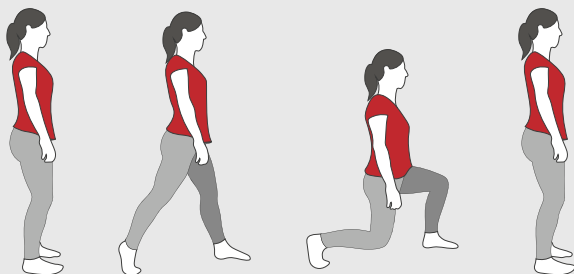
*Exercises (5th - 6th month)
& supplementary exercises (7th - 8th month)*

*You can follow videos on each exercise at
donjoyoabraces.com*

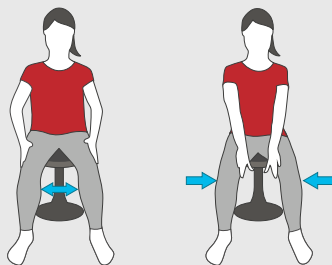


SUPPLEMENTARY EXERCISES FOR THE 7TH - 8TH MONTH

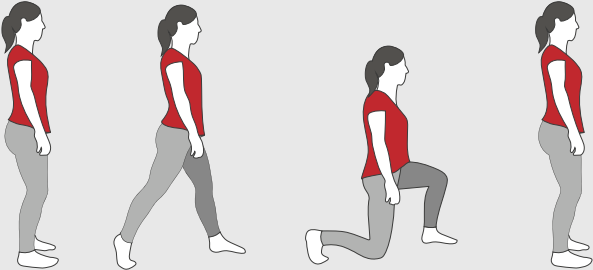
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Lunges</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body relaxed and upright.</p>	<p>Move one leg back a step so that the lower leg of the front leg is as vertical as possible when the lunge is reached.</p> <p>Now bend both knees as far as you can without pain.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 7 reps per side</p> <p>Rest: Max. 30 secs</p>

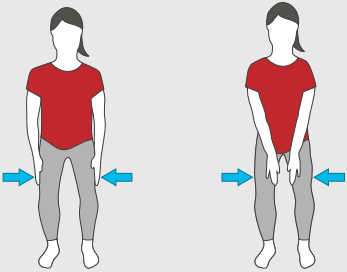


EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Knee presses</p>	<p>Sit on a chair. The thighs are halfway up and the knees are about hip-width apart.</p>	<p>Place both palms on the outside of your thighs.</p> <p>Make sure that your hands are not directly on your knee joint. Now press against the resistance of your hands with both knees at the same time and hold the tension for 5-7 seconds.</p> <p>Do the same exercise, where you put your hands on the inside of the thighs. Spreading your knees creates the greatest possible counter pressure from your arms.</p>		<p>Number: 3 sets</p> <p>Duration: 5 reps, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>



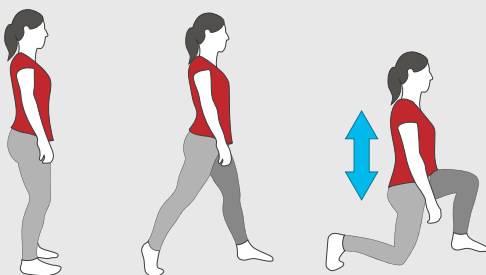
SUPPLEMENTARY EXERCISES FOR THE 9TH - 10TH MONTH


EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Lunges</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body relaxed and upright.</p>	<p>Move one leg back a step so that the lower leg of the front leg is as vertical as possible when the lunge is reached.</p> <p>Now bend both knees as far as you can without pain.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 7 reps per side</p> <p>Rest: Max. 30 secs</p>
				

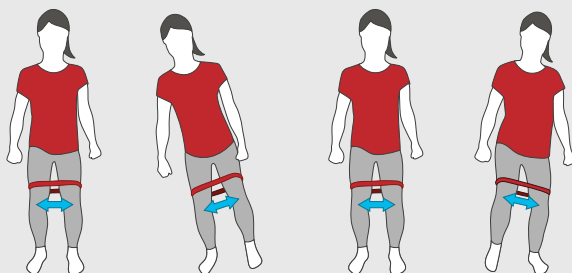
EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Knee presses</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body bent slightly forward.</p>	<p>Place both palms on the outside of your thighs.</p> <p>Make sure that your hands are not directly on your knee joint. Now press against the resistance of your hands with both knees at the same time and hold the tension for 5-7 seconds.</p> <p>Do the same exercise, where you put your hands on the inside of the thighs. Spreading your knees creates the greatest possible counter pressure from your arms.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 10 reps, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>
				

SUPPLEMENTARY EXERCISES FOR THE 11TH - 12TH MONTH

EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>1</p> <p>Lunges</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Keep your upper body relaxed and upright.</p>	<p>Move one leg back a step so that the lower leg of the front leg is as vertical as possible when the lunge is reached.</p> <p>Now bend both knees as far as you can without pain.</p>	N/A	<p>Quantity: 3 sets</p> <p>Duration: 10 reps per side</p> <p>Rest: Max. 30 secs</p>



EXERCISES	STARTING POSITION	EXECUTION	EQUIPMENT	PRACTICE SESSIONS
<p>2</p> <p>Skiers</p>	<p>Stand with your feet hip-width apart and your legs slightly bent.</p> <p>Additionally, place a medium-strength training band around your thighs, above the knee joint.</p>	<p>Keep the training band under slight tension by pressing your slightly bent legs outwards. Try to maintain this tension throughout the entire exercise.</p> <p>Hold the starting position for 5-7 seconds.</p> <p>In the respective position, try standing on tiptoes with your non-weight-bearing leg or lifting your leg slightly off the floor.</p> <p>Hold each position for 5-7 seconds.</p>		<p>Quantity: 3 sets</p> <p>Duration: 10 reps, hold 5-7 secs</p> <p>Rest: Max. 30 secs</p>



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