

# YOUR PERSONALIZED KNEE ARTHRITIS 7 PHASE ASSESSMENT





# PHASE 2:

## FIX THE MUSCLE IMBALANCE

Phase 2: Fix The Muscle Imbalance		
DAY PAIN	1-3 days per week	
NIGHT PAIN	1-3 days per week	
SWELLING	1-3 days per week	
TIME ON FEET	10-30 minutes	
GLUTES	Cannot flex left and right sides individually. Cannot keep thigh muscles from flexing.	
	What it's like today	Next level to reach
ACTIVITIES	Can do many normal things, but need to take breaks at times. It gets worse as the day goes on.	Can get to most activities without making it worse. Can even walk for exercise.
X-RAY	Normal to Severe and anywhere in between.	It will probably look the same.
RE: SURGERY	You'll likely need a knee replacement in 1-2 years	Delaying a knee replacement to 3-5 years
I SAY THIS OUTLOUD	<i>"Let me sit for 15 minutes and then I can keep going." "I'm gaining weight because I haven't been able to exercise." "I'm going to pay for this for a couple of days."</i>	<i>"I can exercise now." "It only hurts once in a while if I really push it." "My knee isn't 100% but I guess this is what's it's like at my age now."</i>
JOINT FEELS LIKE	Stiff in the morning and after sitting for a long time. Can still become painful with too much activity.	Little to no stiffness in the knee. Can take on a busy day without feeling miserable for while after.
MAIN CONCERNING THOUGHT	<i>"I don't think I need surgery at this time. I'm hopeful to get my knee feeling great again."</i>	<i>"I hope I can keep my knee feeling like this so I can avoid knee surgery."</i>
HOW IT AFFECTS LIFE	Open to taking pain medications, using devices and braces... but no longer relying on them. Avoids stairs and uneven ground. At times uses hands to hold on to walls and furniture while walking	Knee pain comes and goes, but is never bad enough to need medications or doctor visits. There are definitely a handful of activities that are avoided because they will hurt. Balance is good.
<b>Bottom Line</b>	<b>Normal activities are okay but not for too long.</b>	<b>Get better by gaining conscious control over glutes.</b>

# 2 START HERE WATCH THIS FIRST

**CLICK HERE**



This video explains the entire process covered in the **Knee Arthritis Recovery Program**.



The methodology



The differences between phases



Problems to be aware of at each phase



How to move through each phase quickly and safely

**GOT IT? LET'S SEE YOUR CURRENT PHASE!**

# YOUR PHASE

## Phase 2

### Overview



**CLICK HERE**

This video provides an overview of what goals & activities to focus on in Phase 2



**Day Pain 1-3  
days/wk**

**Night Pain  
1-3 days/**

**Swelling 1-3  
days/wk**

**Time On  
Feet 10-30  
Minutes**

**Glutes Can  
Flex But Not  
Left Or Right  
Only, And  
Thighs Also  
Flex**

# WHEN YOU'RE IN PHASE 2

In Phase 2, you think about your knee at least once or twice a week. Especially when you do 1 or 2 things that are just a little much for you. The problem activities are usually things like:

- Walking for exercise or in a large store
- Using a stationary bike
- Sitting for long periods of time, especially when traveling.
- Heavy yard work
- Lifting heavy objects
- Exercising in the gym

It's usually not bad enough to go see the doctor, but it might be painful enough for you to take pain medication and take the rest of the day off.

If you do visit the doctor and have an X-ray, you might be told you have minor OR severe knee arthritis. Keep in mind that the severity of what the doctor thinks about your X-rays might not line up with how you feel in your knee right now.

People in Phase 2 are looking for exercises, stretches, or other treatments they can do to improve their knee arthritis when it flares up. They'll search Google and YouTube for help. Some might even do physical therapy to get help with exercises and stretches.

Stretches often help for a few weeks...but then become less and less effective.

Walking and cycling often feels good at first...but people hit a wall after 1-2 months where they can't do more walking or cycling without making the knee worse.

Exercises from doctors and physical therapists focus on getting the quad muscles on the front of the thigh stronger. This might relieve knee pain at first...but it nearly always ends up causing worse knee arthritis pain. It all depends on how severe your quad/glute muscle imbalance is and how irritated your knee joint is at the time. The worse the irritation and the imbalance, the quicker you'll feel knee pain when doing quad exercises.

If your knee joint irritation isn't that bad, then you'll tend to feel "okay" during exercise but then have aches and pains in your knee at other times - like when you're sitting around doing nothing active.

The reason knee aches come on then is because the quad exercises you've been doing are effective in getting the quads stronger. Now they're pulling on your knee cap and shin bone and smashing your knee cartilage while you enjoy a movie or a meal.



# 2

# THE BIG CHALLENGE:

## START FIXING THE MUSCLE IMBALANCE



What keeps people stuck in Phase 2 is that they don't know they should be working on fixing the muscle imbalances that cause knee arthritis. They know they should be working on something! They often follow the guidance of healthcare professionals and pursue doing quad exercises, stretches, walking programs, and purchase a stationary bike so they can cycle at home.

But rarely (if ever!) do any healthcare professionals who help people with knee arthritis discuss or guide their patients to focus on fixing the muscle imbalance. They don't get taught about it in medical schools, and they default to offering medications, injections, and surgery. Even physical therapists don't offer much help. They focus on helping people who are recovering from surgery. PTs give you the same exercises as the person who just had a knee replacement surgery in hopes it will help you heal from knee arthritis. But it's a completely different healing process!

Most people in Phase 2 have difficulty with using their glute muscles well. They can usually make them flex, but cannot do it consistently. In order to move into Phase 3, it's **CRITICAL** that you can flex each side individually and flex the glutes without the thighs also flexing. You cannot skip this part! It may seem silly at first, but when you start connecting the dots on how challenging it is to use your glutes now...then you realize it's been a really long time since you've even thought about using them...then it starts to make sense that you need glutes for just about any everyday activity and they haven't been participating enough (or at all!)...

...And now your quad muscles have compensated so badly that they've squashed your knee joint for years and the cartilage isn't healthy right now. Any exercise you do will fail until you figure out how to make your glutes work when you need them.

# 2

# TREATMENTS TO FOCUS ON

## IN PHASE 2

Focus on using the following treatments in Phase 2. The intent in these exercises is to gain better control over the muscle groups to increase your coordination. The 10 second holds are to help your nerves gain better control of your muscles. Although strengthening will happen naturally, gaining strength should not be the focus here.

### 1

#### Glute Muscle Foundation Exercises

- Glute Holds - practice tightening the glute muscles and holding it for 10 seconds. Practice it lying face down, face up, seated, and standing.
- Alternating glute holds - Practice alternating flexing the left and right sides individually. Then practice lying down, sitting, and standing.
- Bridges - Focus on holding it for 10 seconds at a time and making sure to fatigue the glutes more than any other muscle.
- Clams - 10 second holds without allowing thigh muscles to work.

### 2

#### Foot Muscle Foundation Exercises

- Toe curls - Curl your toes down as much as possible without setting off a cramp in your foot. Hold it for 10 seconds each time.
- Heel raises - Once you have conscious control of your toes, press your toes down slightly to use the toe muscles to set up. Then work on raising your heels as high as possible while continuing to press your toes down.
- Standing Toe Activation - In standing, practice flattening your toes while raising your foot arches. Start by doing this barefoot so you can see and feel it better. Then once you figure it out, you can do it in your shoes.

### 3

#### Walking

- Retrain yourself to walk while using your glutes and foot muscles properly. Practice gently flexing your toes to raise your arch and mildly flexing your glute as you bear weight on one leg. Then relax that leg as you shift your weight to the other leg and flex the same muscles on this side. Practice slowly alternating foot and glute contractions as you walk. Over time, make it more casual so that you can walk like this all the time.

# WHAT SUCCESS LOOKS LIKE IN PHASE 2

Work on treatments from Phase 2 until you improve enough to move into Phase 3 and begin the next treatments.

**Your goal is to go from having these symptom criteria:**

- Day Pain 1-3 days/wk
- Night Pain 1-3 days/wk
- Swelling 1-3 days/wk
- Time On Feet 10-30 Minutes
- Glutes flex...but so do thigh muscles

**To having these symptom criteria:**

- Day pain < 1 day in 2 weeks
- Night pain < 1 day in 2 weeks
- Swelling < 1 day in 2 weeks
- Tolerating being on your feet standing and walking combined for 30-60 minutes
- Glutes work well while walking and most other activities. (They just get tired fast)

**\*You cannot move out of Phase 2 until ALL goals have been reached or surpassed.**

**\*\*Another way of saying this is, you cannot stop doing Phase 2 treatments until you no longer have any of the symptom criteria from Phase 2.**

**\*\*\*Don't move onto Phase 3 unless you meet ALL the symptom criteria for Phase 3**

# THE BOTTOM LINE

**PHASE 2 IS ABOUT WAKING UP KEY MUSCLES THAT  
TAKE PRESSURE OFF THE KNEE JOINT.**

**Better Glute Activation + Better Foot Muscle Activation =  
LESS KNEE JOINT PRESSURE**

## WHY IT'S CHALLENGING HERE

You can do stuff but it hurts to do too much

Overall health is suffering because you can't be too active

Although the pain isn't that bad, you live in tension because there is still pain.

## YOU NEED TO GET BETTER BECAUSE

What if you need to stand for >30 min?

You need to exercise to keep the rest of your body healthy

You need to optimize knee cartilage health to avoid surgery

## REMEMBER

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The key to making it out of Phase 2 is fixing the root muscle imbalance that causes knee arthritis. For most people, it's glute muscle weakness that is the main problem. Gaining control over these muscles is the 1st step. Using them in walking is the 2nd step. Using glutes during exercise is the 3rd step.

When it comes to knee arthritis, healthcare professionals are trained to push people toward using medications and injections... then having surgery when those stop working. Even PTs tend to specialize in helping people after having a knee replacement surgery, so they don't know what's best for someone looking to avoid surgery.

Fixing muscle imbalances is not researched and probably won't be for decades. Just because there's no research doesn't mean it won't work, it means we

have yet to study it. As a result of this, the healthcare industry isn't trained to teach and guide you on this. You need to try this treatment approach and see for yourself how it can benefit your knee arthritis.

Worst case scenario - your knee gets gradually worse and you end up having a knee replacement like most people with knee arthritis. (You might be on this path right now!)

Best case scenario - you learn how make your muscles work right, solve your knee arthritis problem, get back to being active, and never spend time thinking about joint replacement surgery again.

You could be just a few months away from massive success.

# DO YOU WANT TO GET MORE HELP TO HEAL KNEE ARTHRITIS AND AVOID SURGERY?



**What you're going through right now:** Your knee is running your life. You make decisions about your day based on how your knee is going to feel.

**What the surgeon says right now:** If your knee hurts you bad enough and your X-ray shows you've got arthritis you should get a knee replacement.

**What's possible:** You can figure out how to consistently calm down your flared up knee. Then learn how to fix the root problem so you don't flare up so easily. At that point you'll have more confidence in your knee to avoid going through knee replacement surgery.

[\*\*CLICK HERE TO JOIN THE PROGRAM\*\*](#)

# THIS IS THE PHASE YOU WILL BE IN IF YOU GET WORSE...

▼

Phase 1: Get Your Knee Pain Under Control	
DAY PAIN	4-7 days per week
NIGHT PAIN	4-7 days per week
SWELLING	4-7 days per week
TIME ON FEET	0-10 minutes
GLUTES	Cannot strengthen glute muscles.
What it's like today	
ACTIVITIES	Can't do anything without the knee getting worse
X-RAY	Might look almost normal. Could look like severe arthritis... and anywhere in between.
RE: SURGERY	You should get a knee replacement as soon as possible.
I SAY THIS OUTLOUD	"My knee is getting worse." "I'm desperate for pain relief." "I was up all night in pain." "I'm missing out on things I want to do." "I feel old."
JOINT FEELS LIKE	Hot, Stiff, Painful. Even resting is uncomfortable.
MAIN CONCERNING THOUGHT	"I'm probably going to need a knee replacement."
HOW IT AFFECTS LIFE	Desperately looking for pain relief. Purchasing medications, devices, braces, supplements. Seeking pain injections. Holds onto furniture, walls, and other people while walking.
Bottom Line	The knee is a problem just about every day.
Next level to reach	
ACTIVITIES	Being able to tolerate 20-30 minutes of walking without swelling and being in pain.
X-RAY	It will probably look the same.
RE: SURGERY	Delaying a knee replacement by 1-2 years.
I SAY THIS OUTLOUD	"It's getting better, but I still feel it." "It's not as bad as it was before." "I've been much worse than this." "I can handle this knee pain, just let me rest a few minutes."
JOINT FEELS LIKE	No longer painful and swollen. It's possible to get comfortable. Stiffness is the main problem now.
MAIN CONCERNING THOUGHT	"I don't think I need surgery at this time. I'm hopeful to get my knee feeling great again."
HOW IT AFFECTS LIFE	Open to taking pain medications, using devices and braces, but no longer relying on them. At times uses hands to hold on to walls and furniture while walking.
Bottom Line	Get better by not doing anything that irritates the knee.

# YOUR PHASE

## Phase 1 Overview



**CLICK HERE**

This video provides an overview of what goals & activities to focus on in **Phase 1**



**Day Pain 4-7  
days/wk**

**Night Pain  
4-7 days/wk**

**Swelling 4-7  
days/wk**

**Time On  
Feet 0-10  
Minutes**

**Glutes Can't  
Flex**

# WHEN YOU'RE IN PHASE 1

**This is the toughest phase to be in.** Your knee arthritis problem is something you think about nearly every day. Desperation sets in for many people here. Even though you don't want to take pain medication you might end up trying it in hopes of getting some relief from the pain.

The annoying and near daily knee symptoms here in Phase 1 are what drive people to visit the doctor to figure out what's going on and maybe get something from them for the pain relief. **They'll always want to get an X-ray of your knee, as it's the standard for the situation.**

If this is the first visit with the doctor, **they'll point out the signs on the X-ray that make them think you've got knee arthritis.** And if it's not too bad, they'll offer you prescription pain medications, tell you to rest it for a while, start riding a bike or walking, and **possibly tell you to lose weight.**

If it's not the first time you're seeing a doctor for your knee, then they'll be comparing your new X-rays to your old X-rays to point out where your knee arthritis has become worse. **They might offer a pain injection if you're looking for something stronger than the medications you've already taken.** And if the X-ray shows the space in the joint has reduced, then the doctors love to tell you you've got bone-on-bone knee osteoarthritis to make you feel especially bad.

**Then the doctor will start blaming the knee problem on things you have no control over.** Things like your age, your past injuries, your work history, and your genetics. It's the kind of medical conversation that happens over the years as you continue to follow up with the doctor and your knee gets gradually worse. Until one day the doctor says the dreaded words no one wants to hear, ***"You're going to need a knee replacement."***



# 1

# THE BIG CHALLENGE:

## FIGURE OUT WHAT'S FLARING UP YOUR KNEE



The biggest problem in Phase 1 is identifying the handful of things you're doing that are aggravating your knee joint. These are the things you can control.

Often it's that you may be forcing yourself through painful exercises like walking, using a bicycle, or even exercises given to you by a healthcare professional who isn't trained to help you avoid surgery because they specialize in helping people during or after surgery.

Another common problem is that people don't off-load their knee enough. Using a cane, crutch, or walker can immediately reduce pain simply because you're not putting your full body weight through the knee. It's rare that healthcare professionals recommend people try this out. In fact, they usually tell people to start walking for exercise, never even bringing up off-loading. This leads to gradually worse knee pain.

After those 2 big problems, there might be a combination of doing very light exercises to get the knee joint fluid circulating, massaging certain stiff muscles, and temporarily changing other habits or routines to get the knee joint to calm down so you can successfully move into Phase 2.

{It's possible that even before that, you've got to believe that knee arthritis CAN improve despite your age, past injuries, work history, and genetics. There's conflicting information from the healthcare industry that frequently confuses people. This is because there's no conclusive medical research evidence backing for mainstream treatments - expert opinion is what we currently rely on. This means you've got to try different treatments and see what truly works for you.}

# 1

# TREATMENTS TO FOCUS ON

## IN PHASE 1

Focus on using the following treatments in Phase 1.

These are listed in order of priority based on effectiveness and safety.

**1**

### **Mechanical Pain Relief (Most important to focus on using)**

- Offloading using a cane, crutch, or walker so that you can begin to get around for basic life activities without aggravating the knee.
- Massage for the stiff thigh muscles that cause the pressure to build up in the knee joint. This can provide a lot of relief, although it's only temporary, but it's without using medications!
- Ice / heat can help mitigate the knee pain temporarily so that you can get better rest.
- Knee braces may be beneficial for some people in certain circumstances.

**2**

### **Pain Control Exercises (Proceed into these as you feel you can without worse symptoms)**

- Tailgate swinging to get the knee fluid circulating to help promote cartilage healing.
- Light stretching to maintain and even gain motion in the knee.
- Glute activation exercises to begin to wake up the gluteal muscles in preparation for correcting the major muscle imbalance.
- Light cycling to help with fluid circulation. Avoid getting tired in the thigh muscles.

**3**

### **Chemical Pain Relief (Consult with your doctor about using these, and look to use these only if the above treatments are not helping.)**

- Strategic use of over-the-counter pain medications without relying on them.
- Pain injections can be helpful to get more rest. Careful not to do more activity assuming the problem is gone because the pain and swelling get better. Use this to help you get to doing the exercises to fix the muscle imbalance.
- Other injections like stem cells, hyaluronic acid, and platelet-rich-plasma to help with healing, possibly pain relief and making new cartilage cells...but they do nothing for the muscle imbalance and so their effectiveness will only be short-term.

# WHAT SUCCESS LOOKS LIKE IN PHASE 1

Work on treatments from Phase 1 until you improve enough to move into Phase 2 and begin the next treatments.

**Your goal is to go from having these symptom criteria:**

- Day Pain 4-7 days/wk
- Night Pain 4-7 days/wk
- Swelling 4-7 days/wk
- Time On Feet 0-10 Minutes
- Glutes Can't Flex

**To having these symptom criteria:**

- Day pain 1-3 days or less
- Night pain 1-3 days or less
- Swelling 1-3 days or less
- Tolerating being on your feet standing and walking combined for 10-30 minutes
- Being able to consciously flex glute muscles (it's okay if thigh muscles also flex too)

**\*You cannot move out of Phase 1 until ALL goals have been reached or surpassed.**

**\*\*Another way of saying this is, you cannot stop doing Phase 1 treatments until you no longer have any of the symptom criteria from Phase 1.**

**\*\*\*Don't move onto Phase 2 unless you meet ALL the symptom criteria for Phase 2**

# THE BOTTOM LINE

**PHASE 1 IS ABOUT GOING FROM HAVING PAIN, SWELLING, AND NOT BEING ABLE TO DO NORMAL THINGS JUST ABOUT EVERY DAY...**

**...TO ONLY HAVE THIS BOTHER YOU A DAY OR 2 EACH WEEK AND ALLOW YOU TO GET BACK TO DOING SOME OF YOUR NORMAL, EVERYDAY THINGS.**



**Less Pain  
During The Day**



**Better Sleep**



**Less Swelling**



**More time on  
feet**

This is when you feel like you're finally making improvements and not just getting worse every week. This puts you in a position to exercise without flaring up again.

## WHY IT'S CHALLENGING HERE

You're in pain most of the time

The swelling is really concerning

You can't do much because you feel you need to find a place to sit

You feel like you're closer to having surgery

## YOU NEED TO GET BETTER BECAUSE

You need to learn how to manage flare ups

You'll have control over knee arthritis so it doesn't control you

You'll have a fighting chance to avoid knee surgery.

# THE BOTTOM LINE

## REMEMBER

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The key to making it out of Phase 1 is not doing anything to irritate the knee. People that prematurely sign up for knee replacement surgery have often not figured out how to manage flare ups. They may have chosen not to have surgery if they were able to figure out how to manage their knee better because then they'd feel like they had control over knee arthritis.

You may need to temporarily stop a few activities that usually flare up your knee, even if they're good for you in other ways. It's not forever, it's just for as long as it takes for you to flare down. Eventually, you'll better be able to tolerate standing and being on your feet more **WITHOUT** aggravating the knee.

The American Academy of Orthopedic Surgeons estimates that 700,000 knee replacement surgeries

are done every year. In the US, that number is expected to increase because the number of Americans over 60 has increased significantly every year.

It's our belief that the majority of these knee replacements could be avoided if people just learn to:

- Manage knee arthritis flare ups
- Better use off-loading
- Correct the muscle imbalances
- Maintain strength in the right muscles

Sadly many people who have a knee replacement continue to have knee pain for years after surgery. If you can master these points, then you'll have an excellent chance of avoiding surgery and enjoying all the things you love without your knee slowing you down.

**THIS IS THE  
PHASE YOU WILL  
BE IN IF YOU GET  
BETTER....**

# PHASE 3:

## MOBILITY & STRENGTH

### Phase 3: Mobility & Strength

DAY PAIN	< 1 day over 2 weeks	
NIGHT PAIN	< 1 day over 2 weeks	
SWELLING	< 1 day over 2 weeks	
TIME ON FEET	30-60 minutes	
GLUTES	Achieved conscious control over glutes, but quads take over during harder activities.	
	What it's like today	Next level to reach
ACTIVITIES	Most daily activities are no problem for knees. I can work around the ones that hurt. Knee pain comes on only when I push myself too much.	I can do just about anything within reason without knee pain. I am confident my knee won't bother me as long as I move well and use my glutes.
X-RAY	Normal to Severe and anywhere in between.	It will probably look the same.
RE: SURGERY	You'll likely need a knee replacement in 3-5 years	No knee replacement needed, I feel 25 years younger!
I SAY THIS OUTLOUD	<i>"I feel my knee if I walk more than 30-60 minutes." "I can exercise as long as I'm careful with my knee." "My knee isn't 100% but I guess this is what's it's like at my age now."</i>	<i>"I never thought I could feel this great after being told I needed a knee replacement." "It's incredible how my knee healed so well after I focused on my glutes."</i>
JOINT FEELS LIKE	Little to no stiffness in the knee. Can take on a busy day without feeling miserable for while after.	It makes noises but there is no pain.
MAIN CONCERNING THOUGHT	<i>"I hope I can keep my knee feeling like this so I can avoid knee surgery."</i>	<i>"I need to keep using my glutes so I can enjoy my life to the fullest."</i>
HOW IT AFFECTS LIFE	Knee pain comes and goes, but is never bad enough to need medications or doctor visits. There are definitely a handful of activities that are avoided because they will hurt. Balance is good.	Knee pain is rare and if it happens, you know why and what to do about it. You don't feel limited in anything in life. If there's something you can't do yet, you know how to get stronger so that you can do it eventually.
<b>Bottom Line</b>	<b>It's not a serious concern, but you know it's still there.</b>	<b>Get better by gaining strength in the glutes.</b>

# PHASE 3

# Overview

**CLICK HERE**

This video provides an overview of what goals & activities to focus on in **Phase 3**



**Day Pain <  
1 day in 2  
weeks**

**Night Pain  
< 1 day in 2  
weeks**

**Swelling <  
1 day in 2  
weeks**

**Time On  
Feet 30-60  
Minutes**

**Glutes flex on  
command, but  
quads take  
over when  
activities get  
hard**

# WHEN YOU'RE IN PHASE 3

In Phase 3, you're feeling good most of the time. The knee is only a problem 1 or 2 times a month, and you're able to do most things.

**BUT**, there's usually something in your life that brings on the knee pain. And it's not terrible pain most of the time...just a little nagging pain that lets you know your knee arthritis is still there.

Every few months the knee pain might become more severe but it goes away within a day or so. This is "manageable" knee arthritis as most people see it. Even healthcare professionals will tell you this is the best it's going to get given your age, old injuries, and family history of arthritis. "I'm just thankful my knee isn't hurting every week like before!" is the thought many people have when they're in Phase 3.

Doctors and physical therapists will congratulate you at this point and tell you they're done working with you. They'll "discharge" you from their care and leave you to fend for yourself assuming you've got it from here. In their book, you're a success story because the majority of their knee arthritis patients have knee pain every day and don't get better visit to visit. The only advice they'll offer you is to keep up a walking routine, take your vitamins/supplements, and manage your weight.

The reality is that you've still got a muscle imbalance to work on. It may have never even been addressed at all! Usually the glute muscles are severely weak at in Phase 3 and you need to figure out how to use your glutes well in every day activities starting with basic walking.

Once you can get the glutes to work better throughout the day, then you have a chance at getting them stronger. The stronger your glutes get, the better your knee will feel week to week. As you keep going with using your glutes well and strengthening them, the weeks lengthen past a month.

There's HUGE potential to get your knee the strongest and healthiest it's been in a long time...but you have to follow the plan we've developed for you in the Knee Arthritis Recovery Program.

The reason knee aches come on then is because the quad exercises you've been doing are effective in getting the quads stronger. Now they're pulling on your knee cap and shin bone and smashing your knee cartilage while you enjoy a movie or a meal.



# 3

# THE BIG CHALLENGE:

## MUSCLES BALANCED IN EVERYDAY ACTIVITIES



In Phase 3, you've got to make using your glutes, foot muscles, and abdominals a habit. Using these muscles in daily activities like walking, taking care of your home, running errands, and working is rarely (if ever) discussed while recovering from knee arthritis. And because patients aren't taught about this, they're set up for going back to suffering from a flared-up knee again sometime in the future.

Take walking as an example. Doctors and surgeons NEVER show you how to walk using the right muscles, it's not something they learned about in school. They focus on learning everything there is to know about medications, injections, and surgery. Physical therapists rarely ever show their patients HOW TO walk, they usually instruct them to walk on their treadmill and ask them to keep it up at home. They're used to working with people who have just had surgery, so getting back to being able to walk is their main goal.

You've likely not thought much about what muscles you use when walking so it will probably feel awkward to do it here in Phase 3. But going through that will set you up to make using your glutes, feet, and abs a normal, everyday way of moving. It needs to become your default way of moving.

If you do not make this shift in your life, then you'll fall back into using the thigh muscles (quads) too much and start to add too much compression to the knee joint. In other words, you'll feed the root problem that causes knee arthritis.

# 3

# TREATMENTS TO FOCUS ON IN PHASE 3

Walking is just one of many activities to work on in Phase 3. In fact, we get people starting on “glute walking” in Phase 2. Now you’ve got to learn how to use your glutes in squatting and squatting with weights. We also like to have our clients begin to lengthen the amount of time they can walk while making their glute muscles more tired than their thigh muscles. The number of reps here varies depending on your ability. Choose the number of reps that fatigue the muscle you’re targeting.

## 1

### Advanced Glute Muscle Exercises

- Standing Mini Squats - Drop only 1 to 2 inches from standing while tightening the glute muscles and holding it for 10 seconds.
- Weighted Mini Squats - Do the same squat as above but now hold a small weight. The weight has to be enough to challenge your glutes but still allow you to maintain the correct form.
- Weighted Bridges - Place a weight over your hips then hold for 10 seconds at a time while making sure to fatigue the glutes more than any other muscle.

## 2

### Advanced Foot Muscle Exercises

- Heel raise holds - Hold onto something sturdy for balance. Press your toes down and raise your heels as high as you can. Hold it for 10 seconds making sure you focus on lifting your heel as high as possible.
- Overloaded heel raises - Stand somewhere you can hold onto something for balance. Lean your weight over to one leg. Flatten your toes, then raise your heel as high as possible to flex your calf muscle.

## 3

### Cardio Exercises

- Walking - with emphasis to consciously flex the glute and foot muscles in the right timing.
- Elliptical - Only do this if you can use your glutes properly as you would while walking. Flex the glute and foot on the same side when pressing down on a pedal.
- Cycling - Only do this if you can make your glutes get more tired than your thigh muscles. Emphasize flexing your glute on the downstroke each time you pedal.

# WHAT SUCCESS LOOKS LIKE IN PHASE 3

Work on treatments from Phase 2 until you improve enough to move into Phase 3 and begin the next treatments.

**Your goal is to go from having these symptom criteria:**

- Day Pain < 1 day in 2 weeks
- Night Pain < 1 day in 2 weeks
- Swelling < 1 day in 2 weeks
- Time On Feet 30-60 Minutes
- Glutes flex...but quads take over when activities get hard

**To having these symptom criteria:**

- Day pain < 1 day in 4 weeks
- Night pain < 1 day in 4 weeks
- Swelling < 1 day in 4 weeks
- Tolerating being on your feet standing and walking combined for +60 minutes
- Glutes work well just about all the time. It's a habit now.

**\*You cannot move out of Phase 3 until ALL goals have been reached or surpassed.**

**\*\*Another way of saying this is, you cannot stop doing Phase 3 treatments until you no longer have any of the symptom criteria from Phase 3.**

**\*\*\*Don't move onto Phase 4 unless you meet ALL the symptom criteria for Phase 4**

# THE BOTTOM LINE

**PHASE 3 IS FOCUSED ON STRENGTHENING KEY MUSCLES TO TAKE PRESSURE OFF THE KNEE JOINT CONSISTENTLY THROUGHOUT THE DAY.**

**Stronger Glutes + Conscious Glute Control = HEALTHY KNEE CARTILAGE**

## WHY IT'S CHALLENGING HERE

Everyone will tell you this is as good as your knee is ever going to be

Monthly knee flare-ups still happen

There's worry you'll eventually need surgery

## YOU NEED TO GET BETTER BECAUSE

There's potential for you to feel even better  
You don't want to say you have an "old knee"

You've got places to be, people to see, and your knee shouldn't keep you from that.

## REMEMBER

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The key to making out of Phase 3 is getting the 3 key muscle groups stronger by using them in everyday activities. Glutes, foot muscles, and lower abdominals. If you cannot figure out how to make these muscles work throughout the day, then you'll likely continue to have symptoms associated with Phase 3.

Another problem people face in Phase 3 is settling. Motivation declines because they've improved enough to feel a major difference in their knee. Especially if they were going through symptoms from Phase 1 because they were really bad at that time and now they're feeling great comparatively.

Healthcare professionals will end treatment and say you're fine at this point. But they don't know how to

identify or treat muscle imbalances. And if you have them and have not focused on fixing them, then they're going to creep back up on you eventually.

What's the plan then? When knee arthritis flares up 1-2 months from now. Maybe you can do those PT exercises or pick up that stretching routine (or get another injection) and it will go away. But you can only do that so many times before it stops helping.

You're best solution is to fix the root of the problem so you don't have to live with it the rest of your life.

# READY FOR **EXPERT HELP** TO **HEAL KNEE ARTHRITIS** AND **AVOID SURGERY?**



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