

A Personalized Guide From:

YOUR PERSONALIZED KNEE ARTHRITIS 7 PHASE ASSESSMENT



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.
Bottom Line	It's not a serious concern, but you know it's still there.	Get better by gaining strength in the glutes.

3 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 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 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

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.

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

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 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 fix left and right sides individually. Cannot keep thigh muscles from firing

What it's like today

Next level to reach

Phase 1: Get Your Knee Pain Under Control

What it's like today	Next level to reach
<p>Can't do anything without the knee getting worse. Night time worse. Can't walk the stairs without the knee giving out.</p> <p>The doctor got a new replacement in 2011. It doesn't seem to be getting worse. The doctor said the knee is "worn out" but it's not. The swelling and the pain are still there.</p> <p>The knee is giving out when walking to work.</p> <p>The doctor is going to need a knee replacement. The doctor is going to need a knee replacement. The doctor is going to need a knee replacement.</p>	<p>Walking is easier. Can do 30 minutes of walking without swelling and being in pain.</p> <p>I will probably not need surgery.</p> <p>Walking is more comfortable. I can walk 1.2 miles.</p> <p>No getting better. Can't walk 1.2 miles. The knee is still giving out. The knee is still giving out. The knee is still giving out.</p> <p>No longer need any surgery. No need to get a replacement. Surgery is for the other knee.</p> <p>Want to walk 1.2 miles at this time. No need to get a knee replacement. No need to get a knee replacement.</p>
<p>without making it worse. Can even do for exercise.</p> <p>Probably look the same.</p> <p>Replacement to 3-5 years.</p> <p>Knee hurts once in a while if I really 100% but I guess this is what it's like if my age now."</p> <p>The knee: Can take on a busy day. Miserable for while after.</p> <p>Not feeling like this so I can avoid knee surgery."</p> <p>It's, but it's never bad enough to need it. There are definitely a handful of it because they will hurt. Balance is good.</p> <p>conscious control over glutes.</p>	<p>without making it worse. Can even do for exercise.</p> <p>Probably look the same.</p> <p>Replacement to 3-5 years.</p> <p>Knee hurts once in a while if I really 100% but I guess this is what it's like if my age now."</p> <p>The knee: Can take on a busy day. Miserable for while after.</p> <p>Not feeling like this so I can avoid knee surgery."</p> <p>It's, but it's never bad enough to need it. There are definitely a handful of it because they will hurt. Balance is good.</p> <p>conscious control over glutes.</p>

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

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.

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

PHASE 4:

MOBILITY & STRENGTH

Phase 4: Maintenance

DAY PAIN	< 1 day over 4 weeks
NIGHT PAIN	< 1 day over 4 weeks
SWELLING	< 1 day over 4 weeks
TIME ON FEET	60+ minutes
GLUTES	Using glutes is a habit for everyday activities. You regularly exercise them.

What it's like today

ACTIVITIES	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. (Who cares what the x-ray looks like if I feel this great?!)
RE: SURGERY	No knee replacement needed, I feel 25 years younger!
I SAY THIS OUTLOUD	<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." "My back, hips, and feet have all improved since I've fixed all my muscle imbalances."</i>
JOINT FEELS LIKE	It makes noises but there is no pain. You rarely think about your knee joint anymore because it hasn't hurt in a long time.
MAIN CONCERNING THOUGHT	<i>"I need to keep using my glutes so I can enjoy my life to the fullest." "I need to take those trips now that I can sight see without my knee slowing me down." "I plan to dance the next chance I get!"</i>
HOW IT AFFECTS LIFE	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.

Bottom Line

You've cured knee arthritis! You're only limited by your strength and endurance. But you can improve that!

PHASE 4

Overview

CLICK HERE



This video provides an overview of what goals & activities to focus on in Phase 4



**No Day
Pain For 4+
Weeks**

**No Night
Pain For 4+
Weeks**

**No Swelling
For 4+
Weeks**

**Time On
Feet +60
Minutes**

**Using glutes is
a habit for all
activities**

WHEN YOU'RE IN PHASE 4

This is the maintenance phase. You're feeling great because it's been a while since you've had symptoms (4 weeks or more) and you're not limited in anything you want to do. Maintaining your levels of strength and endurance are the keys to keeping your knee healthy for the rest of your life.

People in Phase 4 have absolutely no desire to have a knee replacement or visit the doctor for help. The only time they're talking to healthcare professionals regarding their knee is to see if there's anything missing in their plan to further optimize their knee health. Things like supplements, vitamins, and special exercise routines.

Exercise is a regular part of life. People here have realized that they feel the best in their knee when they're exercising at least 2 or 3 times a week. They'll do their weight training exercises on their "heavy" workout days, then do "light" exercises like going for a 20 to 30+ minute walk. Many get back to cycling, swimming, and hiking.

No time with family and friends is ever missed because of a bad knee day. Long road trips, international flights, and sightseeing on vacation are all on the table for you to partake in. You're free to go dance when the music gets good. Even sports like tennis, running, pickleball, golf, and more are just fine to do.

Your X-ray may still show there is osteoarthritis in your knee joint, but you don't need to worry about it if your knee is feeling well and you're staying active.

The big questions to consider here are:

Do you feel you've truly fixed the muscle imbalance?

Are you comfortable about what to do to maintain yourself here in Phase 4?

Is your exercise technique good enough to keep your knee healthy indefinitely?



4

THE BIG CHALLENGE:

MAINTAIN NEW HABITS



The biggest problem in Phase 4 is staying consistent with doing exercises that are productive rather than destructive for your knee health.

People often pick up new exercises that inadvertently begin to exercise quads more than glutes. This throws you back into a muscle imbalance and begins to irritate your knee joint.

You can solve this problem by figuring out how to get your glutes active during any exercise you choose to take on. It might be as simple as slowing down to focus on using your glutes, or adjusting your technique so you're more glute muscle dominant.

Some people figure out how to use their glutes easily, but some seek out our help to make sure they're doing the right things to stay healthy and avoid knee surgery.

The 2nd problem that creeps up is keeping a consistent workout routine. Not resuming weekly exercise after a holiday season, a vacation, or an illness are the most common situations that cause people to backslide.

It happens to everyone! You have a period of time when your routine changes, but you "forget" to put exercise in your schedule once life goes back to normal.

The ideal is that you don't miss a workout at all, but that's not always realistic. Especially if you're dealing with an illness. It's more important to take care of your illness and recover so you can safely get back to your workouts.

4

TREATMENTS TO FOCUS ON IN PHASE 4

You're free to do so much in Phase 4. Just follow the guidelines of consistently using your glutes and avoiding using your quads too much. Some people can do certain exercises and use their glutes well, while others cannot use their glutes well on the same exercise. You've got to find what consistently works for you. Some suggestions are:

1

Glute Strengthening Exercises

- Deadlifts & Squats - Use a kettlebell, dumbbell, or barbell with enough weight to challenge your glutes. Work your way up to doing 10 sets of 10 reps.
- Variations for deadlifts include deficit deadlifts, partial deadlifts, rackpull deadlifts, and single leg deadlifts.
- Variations for squats include back squats, front squats, side squats, partial squats, and mini squats.
- You can do more than what's mentioned here, just make sure you're fatiguing your glutes more than other muscles.

2

Abdominal Strengthening Exercises

- Sit ups for time - maintain good form, keep your heels touching the floor (don't pin your feet under anything), and flatten your back when you're in the down position. Work up to doing 100-200 reps.
- Weighted sit ups - same technique as above, but now holding onto a weight. Start with 5 pounds, and work your way up to 20+.

3

Calf Strengthening Exercises

- Single leg heel raises - find a place with a ledge for you to stand on so you can drop your heel down. Hold onto something for balance. Raise your heel as high as possible. Repeat for 10 reps and work your way up to doing 10 sets per leg.

4

Cardiovascular Exercise (always focus on using glutes)

- Walking / Jogging
- Elliptical
- Cycling
- Swimming
- Racquet sports
- Ball sports

WHAT SUCCESS LOOKS LIKE IN PHASE 4

You're able to do just about anything you want. You can enjoy your life and spend time with the people you love most. Go ahead and be active in pursuing your bucket list or seeing the world.

But you must remain vigilant about using your glutes everyday and especially when you exercise. If you're not doing this, then you're likely to get a knee flare up because you've got a history of knee arthritis and susceptibility to developing the muscle imbalance again.



To get here in phase 4, you have to had reached 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

Now your goal should be to put even more time between you and the last time you dealt with knee arthritis symptoms by maintaining a consistent exercise routine.

Can you go 2 months? 6 months? 2 years?

What about 10+ years?

THE BOTTOM LINE

PHASE 4 IS ABOUT BECOMING THE PERSON WHO REGULARLY EXERCISES THEIR GLUTES.

...AND YOU DON'T HAVE TO GO CRAZY AND LIFT HUNDREDS OF POUNDS OR WALK MARATHON DISTANCES. (but you can work up to that if you want to)

...YOU JUST HAVE TO FIGURE OUT THE RIGHT AMOUNT OF EXERCISE, WITH THE RIGHT WEIGHTS AND RIGHT LENGTH OF TIME AND INTENSITY TO DO CARDIO.

WHY IT'S CHALLENGING HERE

You've got to use your glutes everyday
Weightlifting can be difficult for some people
Cardio exercise might be time consuming
You have to become the person who doesn't negotiate themselves out of exercise.

YOU NEED TO GET BETTER BECAUSE

Your knee is the healthiest it's been in a long time
You can do so much...confidently
You know what to do to keep your knee healthy for the rest of your life.

REMEMBER

Staying in Phase 4 means you have to stay consistent with exercising your glutes. Because you were diagnosed with knee arthritis, that's proof that you have a tendency to overuse your quad muscles in your thigh when your glutes are not doing their job. Fatiguing glute muscles consistently will give you the best chance to never deal with knee arthritis problems for the rest of your life.

Maintaining everyday use of your glutes AND getting them tired when you exercise is a sure way to keep your muscles balanced.

New activities will come up, life situations will change, and your interests will evolve. It's your job to keep your glute strength up no matter what happens.

You'll also need to be that person who exercises all the time if you're not there already. People in your life

might say things to you because you've changed your routine (and maybe you look more fit too).

It doesn't mean you need to become a fanatic who counts all their calories, logs every workout, invests in a new wardrobe, and now has a gym buddy...you can do this at home with some small weights and a walking route you like in your neighborhood.

Put on blinders when people tell you to focus on your quad muscles. That's what flared up your knee before.

Do 1 thing EVERYTIME you exercise - fatigue your glute muscles. Make it a point to do an exercise that tires out those glutes. At least get them to burn a little if you made them burn a lot the last time.

It might be a bodyweight exercise...a exercise that uses weights...or a cardio exercise...or a combination of these.

Tire. Your. Glutes. Every. Workout.

That's how you'll keep your knee healthy for the rest of your life.

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



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