

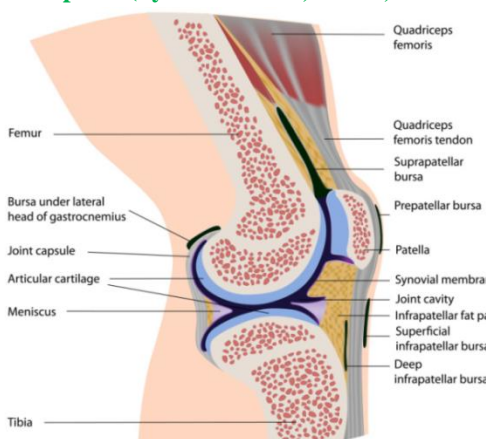
“15 minute Zenergy per day keep the Doctor Away😊” – Healthy Strong Mobile Stable Balanced Knees

Eat fresh vegetables & herbs and Bone broth for healthy knees & bones & cartilage

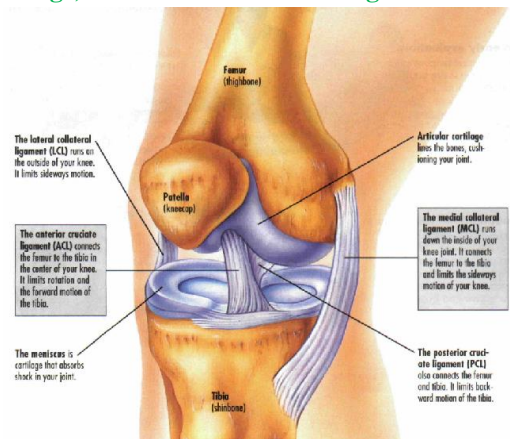


Anatomy of Knee Joint

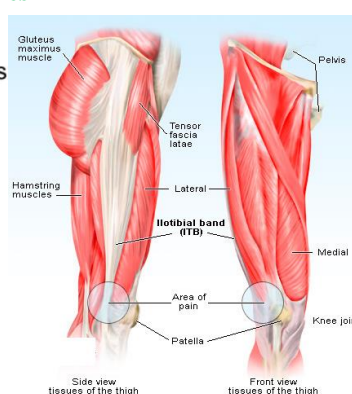
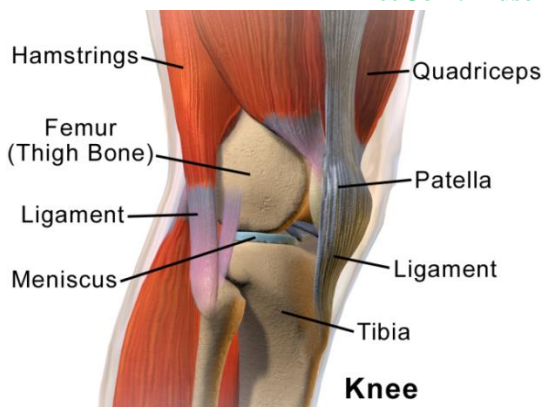
Knee Joint Capsule (Synovial Fluid, Bursa, Fat Pad, Cartilage)



Knee Joint Ligaments & Tendons



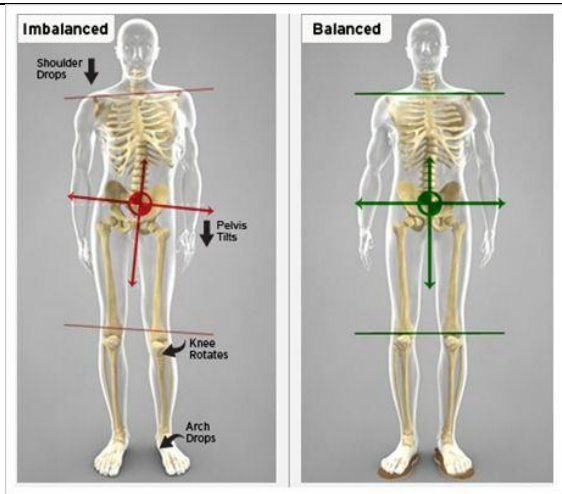
Knee Joint Muscles



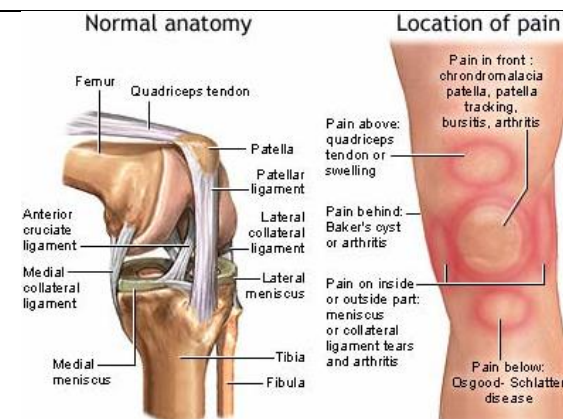
All Knee problems

Imbalanced muscles -> imbalanced posture & lower back, hip, knee & ankle pain

Injuries



Release, Strengthening, Stretching all muscles around knee in a balanced way for healthy knees



Step 1: PRICE regime (protect, rest, ice, compression, elevation) to reduce Swelling & aid recovery. Avoid all exercises w/ stress on knee: Jumping, Kneeling, Squatting, Running

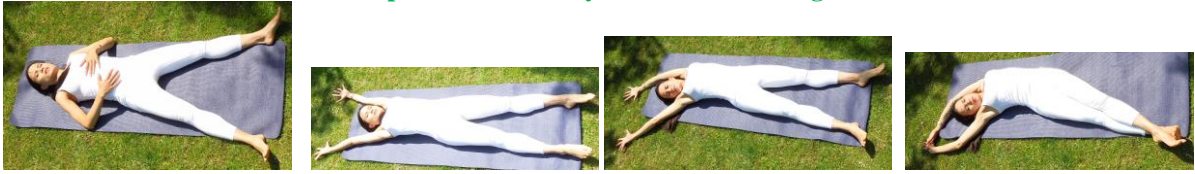
Step 2: Once swelling is gone, pain-free knee strengthening & stretching exercises for all muscles around knee

Exercises for Healthy Knees & Balanced Body

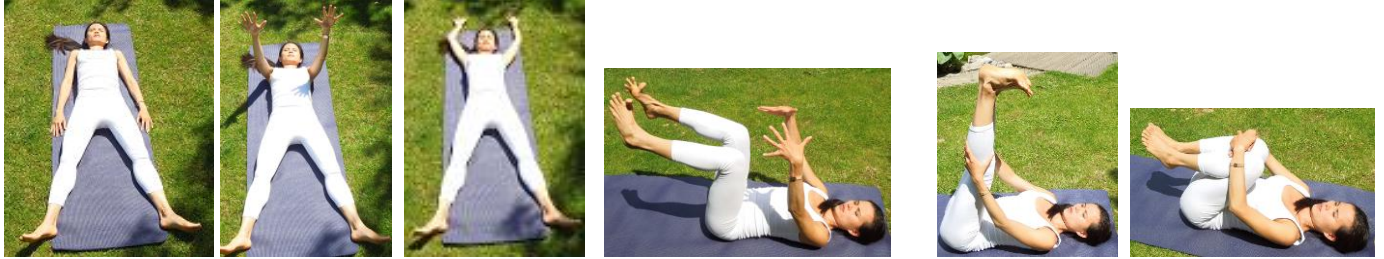
Key principles for Zenergy exercises:

- Posture (Long Spine, Hip over Knee over Ankle, Soft Knee & Elbow, Soft Relax Face (Eyes, Jaw, Lips, Tongue), Relax Shoulders back & away from Ears, Belly button drawn in towards lower back)
- Inhale in deeply via Nose (Diaphragm down hence belly out, Rib cage expand Front, Back & sides) & Exhale out via Nose (Belly in, Rib Cage down)
- Control (Mind – Breathing w/ Movement and Body – Slow Controlled Precise Movement engaging All Muscles)
- Listen to Your Body (Right option, No. Rep, Range of Motion): Burning Muscle Ok/No Pain/Stretch Tight Muscle, Stress mildly Joints (if muscles relax in yin yoga)

Spine & Total Body Relax & Stretching



Joint Mobilization (shoulders, Ankle, Wrist, Knee, Hips)



Abdominal & Hip Opening



Hip Opening



Back Strengthening



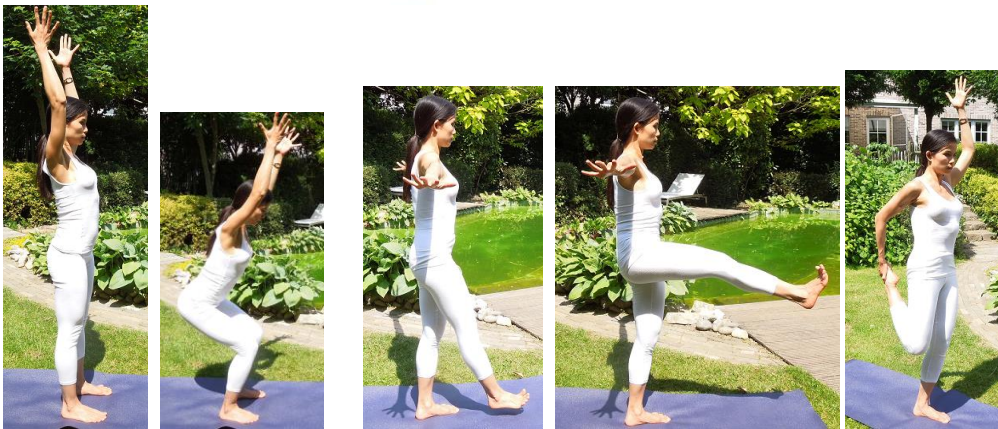
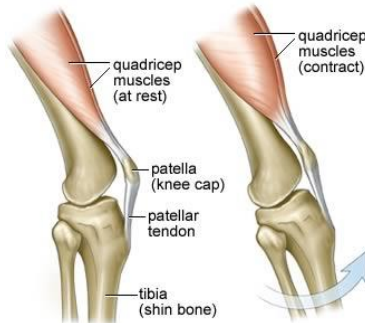
Upper Back & Triceps (Upper back arm) Strengthening & Stretching



Leg & Spine Stretching

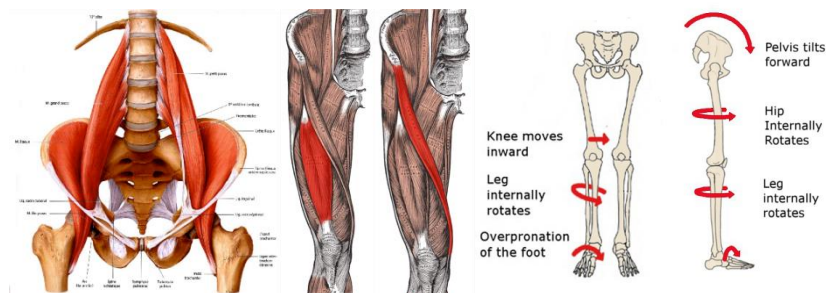


Quadriceps Strengthening & Stretching

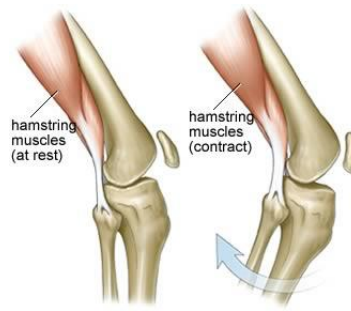


Hip Flexor Strengthening & Stretching

Tight Hip Flexor (Psoas & Quad) -> Inward overpronation of foot -> Falling arch feet -> Knee pain

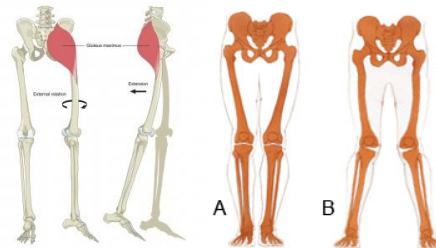


Hamstring Strengthening & Stretching



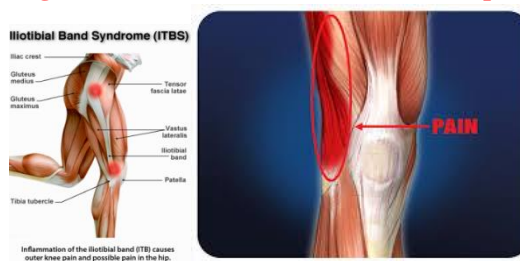
Gluteus Maximus Strengthening & Stretching

Gluteus Maximus Extend en External rotate thigh bone. Weak Gluteus Maximus leads to X form of legs and Knee pain



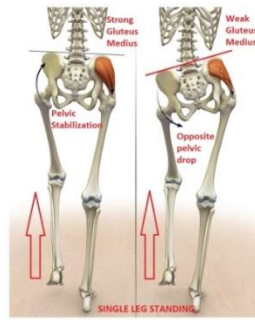
Hip Adductor & IT band Strengthening & Stretching

Tight of inflamed IT band-> Outer Knee pain



Gluteus Medius Strengthening & Stretching

Gluteus Medius stabilize Hip & Pelvis. Weak Gluteus Medius -> opposite pelvic drop & sagging hip during walking hence knee pain



Calf Strengthening & Stretching



Total Body Relaxation for Mind Relaxation & Muscles Repair

