

## Knee Twist

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Lie on back with knees bent. While trying to keep your lower back flat, slowly let both knees fall together toward the floor. Hold for ten seconds, then go back to start position with knees up. Repeat other side. Repeat exercise ten times.

## Arm Circles

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Start with hands straight out by sides. Slowly make circles with each outstretched arm, about one foot in diameter. Continue the circular motion of the outstretched arms for ten seconds. Repeat exercise ten times.

## Side Bend

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Stand straight up with hands above head. Slowly reach your hands to the right and hold for ten seconds, then straight up and pause, then go to the left and hold for ten seconds, then straight up again and pause. Repeat the stretch ten times.

### Hamstring Stretch

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Place a belt or rope around the arch of your foot. Straighten your leg. Slowly begin to pull your leg to a straight up position. Depending upon your flexibility, having your leg point straight up may be a realistic goal. For those who have good flexibility, you may be able to go past vertical during your stretch.

### Standing Rotation

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If you play rotational sports like tennis and golf, it is a good idea to include rotational stretches like the one shown. Hold a racquet, golf club or broom across your shoulders as shown. Without moving your feet, slowly rotate your shoulders to the left, then back to the right. Do this stretching exercise for five minutes before playing.

#### Abdominal: Double Knee Up

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Starting position: Lay on your back with knees bent and hands behind your head. Raise both knees upward as far as you can, using the strength of your stomach muscles. Hold for five seconds. Go back to starting position. Repeat exercise ten times. **DO NOT JERK YOUR HEAD OR NECK FORWARD.**

#### Abdominal Crunch

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Lie on your back. Try to keep your low back in contact with the ground. Slowly lift your right shoulder up six inches off the ground. Merely raise your shoulders up six inches, hold for one second and lie down. Repeat for ten sit ups, alternating left shoulder and right shoulder. DO NOT do a full sit up. DO NOT put your hands behind your neck to jerk yourself upward.

### Windmill Hops

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Roll mouse over image to view complete exercise.

This exercise works the knees with moderate impact, and it rotates the upper body as it requires aerobic conditioning, agility and balance. To do this exercise, place a rolled towel on the ground. Start on your right foot with your left hand on the floor, as shown in picture one. Next, jump from this position, across the towel landing on your left foot and right hand. Do this back and forth for one minute. Rest, then repeat this momentum for ten one minute intervals.

### Half-Squats

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This exercise is done to help strengthen the knee to work up to a full deep knee bend. You do this exercise by standing with your feet six inches apart to keep you balanced. Slowly begin to lower your body, but no more than 12 inches. Your stance should be no greater than a 45 degree angle from your thigh to the floor. Hold this half-squat position for ten seconds, and then return to a standing position. Repeat this ten times.

### Balanced Stretch

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Roll mouse over image to view complete exercise.

This exercise works on your agility and balance. To do this exercise, stand and reach behind you, and grasp your foot. Slowly bend forward and extend your left arm outward. Hold this position for ten seconds, then return to the starting position and switch legs. Do ten stretches with each leg. You may use a chair back to balance if you are having a difficult time with this exercise.

### Step Downs

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You should NOT do this exercise if you have a abnormally sore knee, or if you are not sure of the underlying problem. Because this exercise places your entire weight on your knee, it is a good simulation for water and snow skiing because each of these sports places your entire weight on your knee. To do this exercise, start with both feet on the platform, which can be a stair or a stack of books. Then, extend your left leg out and slowly lower your body on the right knee. Hold for five seconds, then return to the starting position. Repeat with the other leg.

## Deep Knee Bends

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Roll mouse over image to view complete exercise.

This exercise can strengthen a healthy knee, and prepare it for the high impact the knees may get on the crusty snow, or the spring action generated by the fresh powder. To do this exercise, start with the feet shoulder width apart. Your hands are outstretched for balance. Lower your body slowly (do not bounce up and down) until the thighs are horizontal. Hold your squat position for five seconds, then stand. Repeat ten times.

## Leg Swings

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Roll mouse over image to view complete exercise.

This exercise requires a great deal of balance. You may put one hand on a chair back to balance if need be. To do this exercise, stand on your right leg. Extend your left leg out in front of you until it can almost touch the floor, 18 inches in front. Next, slowly begin to swing the left leg to the side so the leg may touch the floor, 18 inches to the side, then back behind you, then back to the starting position. Your left leg will have made a large semicircle path from front to back. Repeat 10 times, then switch legs.

## Ski Exercise: Wall Slide

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Roll mouse over image to view complete exercise.

The wall slide has been a common exercise for competitive skiers for years. It relies heavily on the quadriceps muscles and tendons around the knee. To do this exercise, start with your back up against the wall and your feet about 15 inches away from the wall. Slowly slide down until your thighs are horizontal. Hold this for ten to thirty seconds, depending on your endurance. Slide back up. Repeat this exercise ten times.



Roll mouse over image to view complete exercise.

This exercise is a good simulation for preparing yourself for moguls. To do this exercise, place a rolled towel on the floor. Start on the left side and hop with both feet together to the right side, and then to the back again without stopping. Continue this momentum for 30 seconds. To simulate skiing, remember to keep your hands out in front of your body, as if you had poles in them.