

The “Knees Over Toes” Approach for Fixing Knee Pain

For years Brad and I preached to NOT have your knees go past your toes when exercising. The thought was that put the knee in that position places greater stress on the knee.

However, Ben Patrick, founder of the Knees Over Toes approach argues that we are forced to put our knees in that position throughout life and when we do our knees are not ready for it. For example, when you ascend or descend stairs you are forced into a knee over toes position. If you have not developed the strength for that position, it can result in increased pain. Thus, as further proof that Brand and I are willing to evolve in our thinking, we now embrace the “knees over toes” approach. If it is comfortable and does not result in increased knee pain.

These are some of the exercises that Ben recommends: For the entire program, go to <https://www.atgonlinecoaching.com/>

1. Backwards walking



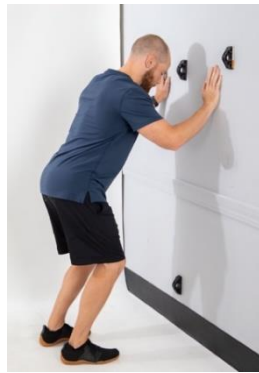
2. Tibialis Anterior



3. Calf Raises



4. Knees Over Toes Calf Raises



5. Step Forwards



6. Incline Board Squats



7. Split Squats.

