



# 30 DAY KNEE FIX PROGRAM ///

The Crossover Symmetry 30 Day Fix programs are designed to solve the underlying movement issues that lead to pain, while promoting rest for the healing of injured and inflamed tissue.

First, complete the Red Flag Screen to determine if you are ready for the 30 Day Fix programs. As covered in the screen, these programs are for those with non-traumatic, low to moderate grade pain.

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## Program Schedule

Each week will walk you through the important steps of the rehab process:

1

### Movement Restrictions

Each week we will cover movement restrictions for your training. It's important to adhere to these movement criteria and only progress when it's time. Don't run the risk of having a set back by trying to advance too early. Be patient and trust the process!

2

### CS Hip & Core Training

The CS Hip and Core System will be a staple of your rehab program. Using it daily will be important in solving your knee and/or back pain.

3

### Accessory & Mobility

Each week will have extra mobility and accessory exercises to help you further your progress. They can be completed as additional parts of a workout program, or as a stand alone rehab plan.

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## Provocative Test

At the end of each week, there will be a movement test for the following week.

If you find pain with the provocative test, just reset and repeat the current week.

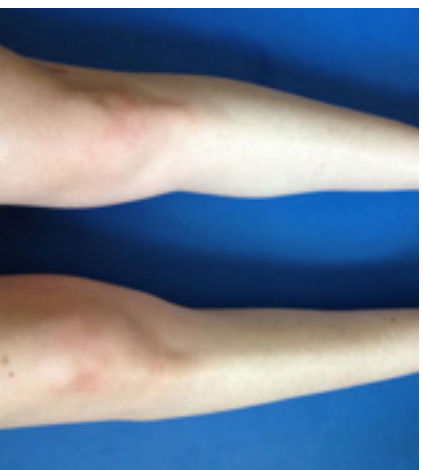
# RED FLAG SCREEN ///



## RED FLAG 1:

### Pain with Traumatic Onset

Pain with traumatic onset (e.g. - fall, collision, or twisted knee) should first seek medical attention. If pain is present, but due to overuse or progressive onset, this is not a red flag if all other screens are negative.



## RED FLAG 2:

### Atrophy and /or Asymmetry

Significant atrophy or asymmetry of glute, thigh or calf. This can be a sign of progressive long standing neural involvement that needs further evaluation.



## RED FLAG 3:

### Obvious Dysfunctional Movement

Aberrant movement during or returning from a forward bend, or when moving between sitting and standing, is a red flag. Examples are walking the hands on the thighs and obvious trunk shifts during these movements.



## RED FLAG 4:

### Noticeable Swelling, Numbness or Weakness

Swelling in or around any of the joints; persistent sensations such as burning, numbness, or tingling; and weakness preventing walking on the heels or toes; needs further evaluation by a sports medicine professional.

# RED FLAG SCREEN ///



## **RED FLAG 5:**

**Episodes of Instability or the Knee Giving Out, Catching, or Locking**



## **RED FLAG 6:**

**Inability to Fully Straighten or Bend the Knee**



## **RED FLAG 7:**

**Not Progressing**

There should be improvements in pain and mobility with daily use of the Crossover Symmetry System. Even slight improvements mean you are on the right track and should continue with the program. If you are not improving within 2-weeks, this is a red flag and should prompt a visit to a sports medicine professional.



# 30 DAY KNEE FIX ///

The primary focus of the first 2 weeks is to give the tissue some time to calm down through relative rest. This means unloading the knee to allow inflammation to resolve. But, at the same time, we'll begin to address some of the underlying impairments in mobility and strength.

Click on the exercise for video instruction

## Restrictions

### General:

- Limit bending and extending of the knee
- Dynamic or high impact movements
- Limit cutting or quick side-to-side movements

### Workouts:

- No movements that require bending the knee (*squatting, lunging, burpees, jumping rope, etc.*)
- Structure workouts around:
  - Strict Upper Body Weightlifting
  - Upper body gymnastics movements (*pull-ups, toes to bar, and muscle ups*)

### Running:

- There should be **NO** running during this phase of the program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mobility</b>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Hip Flexor</u></b></p> <p><b><u>Patella MOB</u></b></p>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Pigeon</u></b></p> <p><b><u>Supine Piriformus</u></b></p>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Hip Flexor</u></b></p> <p><b><u>Patella MOB</u></b></p>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Pigeon</u></b></p> <p><b><u>Supine Piriformus</u></b></p>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Hip Flexor</u></b></p> <p><b><u>Patella MOB</u></b></p>	<p><b><u>Mobility Sac Series</u></b> (Glute, TFL, Quad)</p> <p><b><u>Banded Pigeon</u></b></p> <p><b><u>Supine Piriformus</u></b></p>	
<b>Warm-Up</b>	<p>CS Hip &amp; Core Activation (No Squats)</p>	<p>CS Hip &amp; Core Activation (No Squats)</p>	<p>CS Hip &amp; Core Activation (No Squats)</p>	<p>CS Hip &amp; Core Activation (No Squats)</p>	<p>CS Hip &amp; Core Activation (No Squats)</p>	<p>CS Hip &amp; Core Activation (No Squats)</p>	
<b>Accessory</b>	<p><b><u>Kickstand Deadlift</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Lying Hip Swings</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank</u></b> (30 secs x 2 sets)</p>	<p><b><u>2 Leg Hip Thrust (bench)</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank (bench)</u></b> (30 secs x 2 sets)</p>	<p><b><u>Kickstand Deadlift</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Lying Hip Swings</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank</u></b> (30 secs x 2 sets)</p>	<p><b><u>Kickstand Deadlift</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Lying Hip Swings</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank</u></b> (30 secs x 2 sets)</p>	<p><b><u>2 Leg Hip Thrust (bench)</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank (bench)</u></b> (30 secs x 2 sets)</p>	<p><b><u>2 Leg Hip Thrust (bench)</u></b> (10 reps x 2 sets)</p> <p><b><u>Side Plank (bench)</u></b> (30 secs x 2 sets)</p>	
							<b>Provocative Test</b> Squat to Box



# 30 DAY KNEE FIX ///

This week will be a continued focus on relative rest. The exercise restrictions will be the same, but there are new accessory exercises to challenge you.

## Restrictions

Click on the exercise for video instruction

### General:

- Limit bending and extending of the knee
- Dynamic or high impact movements
- Limit cutting or quick side-to-side movements

### Workouts:

- No movements that require bending the knee (*squatting, lunging, burpees, jumping rope, etc.*)
- Structure workouts around:
  - Strict Upper Body Weightlifting
  - Upper body gymnastics movements (*pull-ups, toes to bar, and muscle ups*)

### Running:

- There should be **NO** running during this phase of the program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mobility</b>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	
<b>Warm-Up</b>	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	<b>Provocative Test</b> <a href="#">Single Leg Step-Up/Down</a>
<b>Accessory</b>	<a href="#">Single Leg RDL</a> (10 reps x 2 sets) <a href="#">Single Leg Bridge on Roller</a> (10 reps x 2 sets) <a href="#">Side Plank</a> (30 secs x 2 sets)	1 Leg Hip Thrust (bench) (10 reps x 2 sets) <a href="#">Iso Hip Abduction w/Rotation</a> (30 secs x 2 sets)	<a href="#">Single Leg RDL</a> (10 reps x 2 sets) <a href="#">Single Leg Bridge on Roller</a> (10 reps x 2 sets) <a href="#">Side Plank</a> (30 secs x 2 sets)	1 Leg Hip Thrust (bench) (10 reps x 2 sets) <a href="#">Iso Hip Abduction w/Rotation</a> (30 secs x 2 sets)			





# 30 DAY KNEE FIX ///

After 2 weeks of deloading and strengthening, knee pain should be significantly diminished. It's time to start utilizing more functional strength movements, but with lighter weights and with modified ranges of motion. This gradual exposure to stress on the previously painful knee, will be a stepping stone to moving forward without restriction.

Click on the

exercise  
for video  
instruction

## Restrictions

### General:

- Bending the knee past 90°
- Cutting or quick side-to-side movements

### Workouts:

- Use lighter weights and lower reps

### Interval Running progression:

- **Step 1:** 1 min run / 4 min walk - 5 rounds
- **Step 2:** 2 min run / 3 min walk - 5 rounds
- **Step 3:** 3 min run / 2 min walk - 5 rounds
- **Step 4:** 4 min run / 1 min walk - 5 rounds
- **Step 5:** Progress Running up to 25 Minutes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mobility</b>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	<b>Provocative Test</b> <a href="#">Single Leg</a> <a href="#">Step Down</a> 25 mins of running pain free
<b>Warm-Up</b>	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	
<b>Accessory</b>	<a href="#">Air Squat</a> (10 reps x 2 sets) <a href="#">Single Leg RDL</a> (10 reps x 2 sets) <a href="#">Hip Thrust</a> (10 reps x 2 sets)	<a href="#">Single Leg Slow Step Down</a> (10 reps x 2 sets) <a href="#">Walking Lunge</a> (Painful Leg to Front) (10 reps x 2 sets)	<a href="#">Air Squat</a> (10 reps x 2 sets) <a href="#">Single Leg RDL</a> (10 reps x 2 sets) <a href="#">Hip Thrust</a> (10 reps x 2 sets)	<a href="#">Single Leg Slow Step Down</a> (10 reps x 2 sets) <a href="#">Walking Lunge</a> (Painful Leg to Front) (10 reps x 2 sets)			



# 30 DAY KNEE FIX

This final week of the 30 Day Knee Fix will focus on progressing to unrestricted movement, with heavier weights and more reps.

## Restrictions

Click on the exercise for video instruction

### General:

- Proceede unrestricted but stay cautious with the amount of stress you put on your knee

### Workouts:

- Return to weightlifting without restrictions on range of motion
- Start below 60% 1 RM
- Progress Squats and Olympic Lifts

### Running:

- Start running unrestricted up to 25 minutes. From this baseline progress daily runs and weekly mileage by no more than 15% for the next month.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mobility</b>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	Soft Tissue <a href="#">Banded Hip Flexor</a> <a href="#">Patella MOB</a>	Soft Tissue <a href="#">Banded Pigeon</a> <a href="#">Supine Piriformus</a>	
<b>Warm-Up</b>	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	CS Hip & Core Activation	<b>Provocative Test</b> Are you pain free?
<b>Accessory</b>	CS Hip & Core Strength	<a href="#">Single Leg Step Up/Down</a> (10 reps x 2 sets) <a href="#">Squat Jumps</a> (10 reps x 2 sets) <a href="#">Lunges</a> (10 reps x 2 sets)	CS Hip & Core Strength	<a href="#">Single Leg Step Up/Down</a> (10 reps x 2 sets) <a href="#">Squat Jumps</a> (10 reps x 2 sets) <a href="#">Lunges</a> (10 reps x 2 sets)			