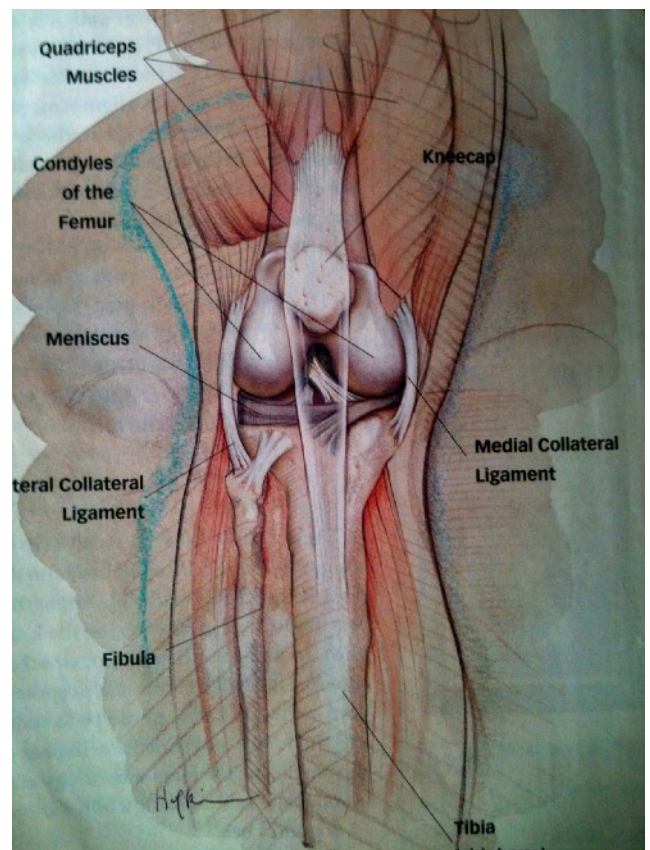


# Anatomy Asana

## Knees

Mary Geibel

- 'slave joint' between the hip and ankle
- hinge joint not fond of twisting & lateral forces
- intersection between the femur & tibia
- prefers to be directed by the foot



### 'old habits'

'ducky feet'  
walking or sitting

excessive impact/rotation w/o recovery  
(tennis, skiing, running, hiking...)

hyperextension

injury/strain...now what?

ignore foot/knee connection

weak/tight leg muscles

pain on inner (or outer) knee

arthritis - no activity

### 'new habits'

foot is pointer for knee, alignment!

train gradually for activity, rest, use muscles  
to resist impact

balance quad/hamstring strength & flexibility


elevate + ice within 24 hours of injury

strong feet, great shoes, barefoot


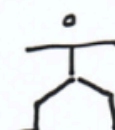

keep quads, hams, inner/outer thighs  
strong & flexible

rest to heal, ice, heat, information


move, walk, light bike, easy hike


 mountain  
(knees align with toes)


 tree pose

 ...  ...  warrior II  
3x ... hold


 triangle - microbend  
knee

 warrior III


 chair - hips back

 quad stretch


 or  down dog  
calf stretch


 seated wide angle  
forward bend


## knees

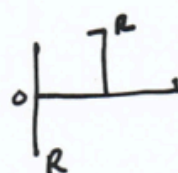
 bowed:  
squeeze  
block

 knocked:  
push out  
into belt

 align knee: up/down  
on block

 SITO = shins in  
thighs out

 roll pressing

 "IT Band/hip  
stretch"