

Do's & Dont's

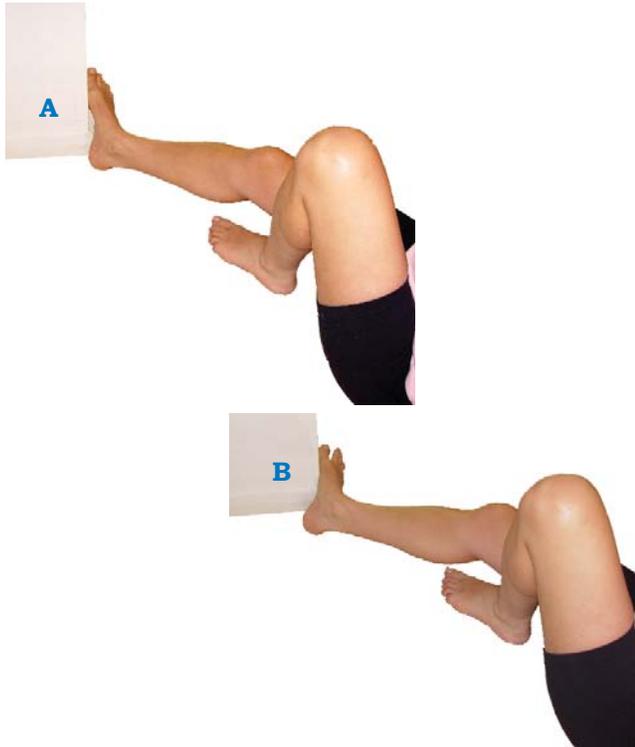
- Use an elastic knee support/sleeve that has a hole for your knee cap so that the brace stays in place easier.
 - It will serve to keep your knee warm.
 - It also serves as a reminder that you have a knee problem & you have to guard it a bit.
- Use a donut around the muscular tender point found with your physician, not the referred pain area (tailbone).
- Do not ski unless you've been doing serious conditioning
 - Plan on a graded approach to your ski trip, increasing the amount of time on the slopes & the level of difficulty as time goes on. Know that when you are fatigued you will make errors that could cause you serious injury.
 - Vitamin C 1000 mg/day supplementation & the strengthening exercises should be achieved without pain before skiing.
- Avoid hiking down hills & stairs, if possible.
 - Avoid high heels because that is like hiking down a hill all of the time they're on.
 - Running should be done on a track or at the crown of an isolated road, or you can run on a the same side of a road for both directions of a trip.

Laying Self-Stretch



Lay down upon your stomach. A rolled towel or a small pillow should be beneath your leg near your ankle to create about a 15 degree bend in your knee (figure A). Rotate your foot so that your toe points away from your other foot & hold this position for 20 seconds (figure B). After the 20 second contraction relax your muscles. Repeat this exercise 3 times and then 3 times a day.

Seated Self-Stretch



Sit down with your feet upon the ground. Slide your foot forward upon the ground to create about a 15 degree bend at your knee with the inside of your foot against a table leg or a door frame & your foot pointed away from your other foot maximally (figure A). Rotate your foot so that your forefoot is pushing with about a 50% effort against the door frame or table leg for 20 seconds (figure B). After the 20 second contraction relax your muscles & see if your foot can now point

Changing Lanes - Strength Training



Once you are able to stretch & straighten your leg at your knee without pain & your physician has cleared you to start strengthening you may begin this exercise.

Find a line on the ground, real or imaginary. Start by standing on one foot on one side of the line (figure A). If you are unable to keep your balance on one foot, contact your physician for balance training exercises & do not proceed with this exercise. Now, jump on that foot to the other side of the line (figure B) & then jump back. Jump back & forth for a total of 8-15 times on each foot & then do it on both feet at the same time. Repeat this exercise 3 times.

Try to increase your speed as time goes on, but take it easy to begin & if discomfort occurs then stop.



Position: Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: As you sit or lay there focusing on your breathing imagine a huge yacht & furthermore imagine that you are laying on the deck in a lounge on its bow. Imagine that you know every aspect of this yacht. Know that its bridge is sophisticated & has the best captain & crew that ever walked this earth. Know the intimate details of its galley (kitchen), dining room, master bedroom suite & other bedrooms, lounge, heads (bathrooms), & crew quarters. If you really want you can have a swimming pool, wave runner & even a helicopter on it.

The reason that you are on that ship & know all of its intimate details is that it is your ship, docked on a crystal blue sea. Your ship has finally come in. It is filled with everyone & everything that is meaningful to you. Its ornate details are so detailed because who you are is so detailed with many facets that are intimately related. Take a look at the tail of the ship & see across its stern the name that you have chosen for it.

Feel the sun warm your body as you lounge on the ships bow & feel the majesty of the ship that is created by your achievements big &/or small. Your ship has come in & you deserve to enjoy it! Respect what you have achieved & where you are in your life. Know that you have made a contribution & that you deserve the compliments you receive from others. Know that you don't owe anyone anything except to be true to yourself & your good nature. Take 3 deep breaths & open your eyes taking care not to lose that feeling of achievement.

Affirmation: End your meditation by telling yourself: *“My ship has come in. I like myself. I am good enough & smart enough. It’s a better world because I am in it.”*