

# **BULLETPROOF YOUR KNEES**

## **6 ESSENTIAL MOVEMENTS THAT WILL HELP TODAY**

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**A SIMPLE, EFFECTIVE GUIDE TO REDUCING  
PAIN, BUILDING STRENGTH, AND  
IMPROVING MOBILITY**



**DR. PADEN WOLFE**



# INTRODUCTION

## You Don't Have to Live with Knee Pain

Whether it's a dull ache going downstairs, stiffness after sitting too long, or sharp discomfort during a workout—**knee pain has a way of sneaking into everyday life.** And when it sticks around, it starts to chip away at your confidence, comfort, and independence.

The good news? You can take control of your pain—and it starts with the way you move.

Contrary to what many people think, knee pain isn't always about the knee itself. Often, it's the result of weakness or tightness in the surrounding muscles and joints: your hips, thighs, and core. When these areas aren't working well together, your knees take on too much of the load—and that's when pain and inflammation show up.

This guide is designed to help you start feeling better today with **6 simple, targeted movements** that support proper knee mechanics, reduce stress on the joint, and help you move pain-free.

# ABOUT MILE HIGH PHYSICAL THERAPY

**Mile High Physical Therapy: Helping You Get Back to What You Love**

Located in the heart of Denver, CO, **Mile High Physical Therapy** is committed to helping people move better, feel stronger, and return to the activities they love—without surgery, medications, or temporary fixes.

We understand how discouraging it is to live with knee pain, especially when it keeps coming back or stops you from walking, squatting, or simply getting through your day comfortably.

Our approach goes beyond quick fixes—we focus on treating the underlying cause, not just the symptoms.

Through advanced techniques, hands-on therapy, and tailored movement strategies, we help patients reduce pain, improve strength, and restore confidence in their knees.



[www.milehighphysicaltherapy.com](http://www.milehighphysicaltherapy.com)

# ABOUT DR. PADEN WOLFE

## Meet Dr. Paden Wolfe: 30+ Years of Experience in providing Knee Relief

With over three decades of experience, **Dr. Paden Wolfe, MSPT, DPT**, has helped thousands of patients overcome chronic knee pain and avoid unnecessary surgeries.



His expertise in biomechanics and functional movement allows him to create customized plans that correct movement patterns and restore joint health.

### His knee-focused care often includes:

- Manual therapy to reduce stiffness and improve joint mobility
- Movement assessments to identify alignment and tracking issues
- Strength training and corrective exercise to build long-term resilience
- Dry needling for targeted pain relief and muscle recovery

If you've been struggling with knee discomfort that just won't go away, and you're ready for a more strategic, evidence-based approach, **Dr. Wolfe is here to help you move better—without pain holding you back.**

# WHY KNEE PAIN DOESN'T GO AWAY ON ITS OWN

Knee pain rarely starts with a dramatic injury. More often, it develops gradually—brought on by years of small imbalances in how you move, stand, sit, walk, and even rest. You may not notice anything at first... until one day, stairs become harder, long walks leave you sore, or squatting starts to feel impossible.

That's because your knees are not the problem—they're the symptom.

When your hips lack strength, your glutes aren't firing properly, or your body isn't absorbing force the right way, your knees take the hit. The joint is simply doing the best it can under the load it's being asked to carry.

So if you've tried stretching or foam rolling and haven't found lasting relief, you're not alone. The answer isn't just to rest—it's to retrain your body to move better.

This next section will walk you through six key movements that target the real root of knee pain. These aren't high-intensity workouts.

They're precise, corrective exercises that will help you build a more stable, balanced foundation—so your knees can finally stop picking up the slack.

Let's get into the first one.

# HEEL SLIDES: RESTORE YOUR RANGE OF MOTION

After injury, inflammation, or surgery, one of the first things to go is your knee's ability to bend and straighten smoothly. Heel slides are a foundational movement that help restore this basic (and essential) range of motion.

## Why It Helps:

- Improves joint lubrication and flexibility
- Reduces stiffness after sitting or inactivity
- Prepares the knee for more functional movement

## How to Do It:

- Lie on your back with your legs straight.
- Slowly slide one heel toward your butt, bending your knee as far as is comfortable.
- Hold for a few seconds, then slide back to start.
- Repeat for 20–30 reps per leg, 1–2 times daily.



# GLUTE MEDIUS STRENGTHENING (SIDE-LYING HIP ABDUCTION)

Your gluteus medius is one of the most important muscles for knee alignment and pelvic stability. When it's weak, your knee tends to collapse inward during movement—placing extra stress on the joint.

## Why It Helps:

- Promotes proper knee tracking
- Reduces strain during walking, squatting, or standing
- Improves hip control and stability

## How to Do It:

- Lie on your side with your bottom leg bent and top leg straight.
- Keeping your hips stacked, slowly lift your top leg upward without rotating your hips.
- Pause at the top, then lower with control.
- Perform 10–12 reps on each side for 2–3 sets.



## CHAIR SQUATS WITH BAND: TRAIN ALIGNMENT & STRENGTH

Squats are one of the best exercises for building knee strength—but only when done with good alignment. Adding a band around the knees helps activate the right muscles and trains your body to maintain control throughout the movement.

### Why It Helps:

- Builds functional strength in the glutes, quads, and core
- Reinforces proper knee tracking and joint stability
- Supports safer bending, lifting, and standing

### How to Do It:

- Place a resistance band just above your knees.
- Stand in front of a chair with feet shoulder-width apart.
- Push your hips back and lower down to sit, keeping knees aligned over toes and pressing gently out against the band.
- Stand back up and repeat for 10–15 reps.



# ILIOTIBIAL (IT) BAND STRETCH: REDUCE LATERAL KNEE TENSION

Tightness in the IT band—especially common in runners and people with weak hips—can cause tension on the outer knee and lead to pain or irritation over time.

## Why It Helps:

- Relieves pressure on the outer knee
- Improves lateral hip mobility
- Supports balanced movement through the legs

## How to Do It:

- Stand next to a wall or chair for balance.
- Cross your right leg behind your left and gently lean your torso to the left until you feel a stretch along the outside of your right hip and thigh.
- Hold for 30-45 seconds, then switch sides.
- Repeat 3 times per side.



# SHORT LUNGES: BUILD KNEE STRENGTH WITH CONTROL

Lunges train the muscles that surround and support your knee—but full lunges can be hard if you're dealing with pain. Shorter lunges allow you to build control in a safer, more manageable range of motion.

## Why It Helps:

- Strengthens the quads and glutes without overloading the knee
- Improves balance and lower body coordination
- Reinforces joint alignment and proper movement patterns

## How to Do It:

- Stand with feet hip-width apart. Step one foot forward just a short distance.
- Lower your back knee slightly while keeping your front knee behind the toes.
- Push through the front foot to return to standing.
- Perform 10 reps per side. Repeat 2-3 sets.



# HIP FLEXOR STRETCH (SIDE-LYING)

Tight hip flexors can pull your pelvis forward, placing extra tension on your knees during walking, running, and even sitting. Stretching them in a controlled, supported way helps relieve stress on the entire lower body.

## Why It Helps:

- Reduces anterior pelvic tilt and knee tension
- Improves posture and lower body alignment
- Complements strengthening exercises for balanced movement

## How to Do It:

- Lie on your side at the edge of a bed or mat. Let your top leg hang off the edge and bend your knee slightly.
- Gently pull the foot of the hanging leg toward your glutes to feel a stretch in the front of the thigh and hip.
- Hold for 30-45 seconds, then switch sides. Repeat 3x on each leg.



## FINAL THOUGHTS: STRONGER KNEES START WITH SMARTER MOVEMENT

Knee pain can be frustrating—but lasting relief doesn't always require medication or giving up the activities you love. In most cases, it starts with how you move.

Your knees don't work alone. They're influenced by your hips, ankles, glutes, and core. When those areas are weak or out of balance, your knees take on more stress—leading to pain and repeat injuries.

That's why the real solution isn't just treating the knee—it's improving the way your entire body moves.

The six exercises in this guide are designed to:

- Rebuild strength where it matters most
- Improve joint control and alignment
- Prevent flare-ups and support long-term relief

Pain is your body's call for change—not a reason to stop moving. **Start small, stay consistent, and give your knees the support they need to move confidently again.**

## READY FOR MORE SUPPORT?

If your knee pain hasn't gone away—or if you're tired of guessing what's causing it—you don't have to figure it out alone. At Mile High Physical Therapy, we specialize in identifying the root causes of knee pain and building clear, personalized plans that lead to lasting relief.

Whether you've been dealing with discomfort for months, tried exercises without results, or simply want to stay active without worry, we're here to help.

### **What to Expect from Your Free Discovery Visit:**

- One-on-one movement and strength evaluation with a Doctor of Physical Therapy
- Clear insight into what's really driving your knee pain
- A tailored strategy to reduce discomfort, improve mobility, and help you feel stronger

You don't need to push through pain or stop doing what you love. Let's find the real issue—and fix it the right way.

 **[Click here to schedule your FREE Discovery Visit](#)**

We're here to help you move with confidence, feel better, and get back to doing what you love—pain-free.

# Conclusion and Next Steps

Knee pain doesn't have to control your life. With the right movements, strength-building exercises, and mobility-focused strategies, you can reduce strain on the joint, restore stability, and move confidently again. Start applying the simple steps in this guide today—and know that if you need more personalized support, we're here for you. **Take the First Step Toward Knee Pain Relief Today!**



Don't let knee discomfort keep you from walking, squatting, exercising, or doing the everyday activities you enjoy. The key to lasting relief is taking the right approach—and the earlier you start, the easier it is to rebuild strength, restore alignment, and prevent future injury.

**BOOK A FREE DISCOVERY VISIT TODAY!**

<https://www.milehighphysicaltherapy.com/discovery-visit/>

*We're here to support you beyond this guide. Visit our website or reach out directly for movement assessments, expert tips, and care designed to help you move better—without pain holding you back.*



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