**PT Tips for knee control in standing and gait March 10, 2021**

1. Knee control starts with hip girdle and core trunk muscle control. The knee is caught between the core center of gravity around your belly and butt muscles and the very mobile, often unstable ankle and foot. Therefore, it can be caught in a movement whiplash of sorts.
2. That is why today we look at specific hip and thigh strengthening exercises to add to the core trunk strengthening that needs to be done. Everything is a chain reaction-from the sole of the foot to the head and neck.
3. Muscle control surrounding the knee joint is most successful and least painful if exercises are done in good alignment. Pay attention to your feet, your knees, your hips whenever you are exercising, transferring and walking. Awareness will help rewire your brain into better movement patterns.
4. Strengthening the legs is preferably done with feet in contact with the ground. It provides better sensory feedback and helps reduce the influence of spasticity.
5. Balance and weight shifting exercises will strengthen all the muscle of the legs and improve symmetry. The “good” side can help teach the “bad side”. Muscle co-ordination, timing, sensation all play roles in more efficient, strong, enduring movement.
6. Quality and consistency of exercise has the best chance of resulting in success. In general it is recommended that anyone include an exercise session 5-6 days per week to experience success and effect change. We are in it for the long haul-we must think of years-- not days, weeks or months.
7. On-line exercise programs are available for free and for varying fees. The guidance of professionals can make or break the success of a program. It may also create sustainability of an exercise program because everybody is susceptible to boredom and/or frustration at times.

**Favorite websites for MS Exercise and lifestyle information:**

\*\* The MS Gym with Trevor Wicken-hands down my favorite for a comprehensive program for MS folks of all ages and levels of ability [www.themsgym.com](http://www.themsgym.com) . Trevor is starting a revamped program March 9, 2021. There are free YouTube videos you can access to get a feel for his approach. This is the best approach I have experienced in my 45 years in physical therapy and 30 years with MS.

Can Do MS -Many videos about lifestyle, exercise, wellness with MS. info@cando-ms.org

Rocky Mountain MS Center info@mscenter.org

\*All of these are Colorado based but reach worldwide audiences.