

# KNEES

## GOT HYPEREXTENSION PROBS?

Hypermobile people's knees tend to hyperextend, or bend "backwards".

We want to minimise this happening because it can place strain on the ligaments around the knees, and that leads to instability and pain.

### interesting fact!

We tend to see muscles illustrated as red in colour, and tendons and ligaments as white. This is because they are like this in the body! The reason being, muscles have more blood supply, but the blood supply to the tendons and ligaments is limited.

That limited blood supply is one reason ligaments take a loooooong time to heal if they get injured. So we need to treat our ligaments with a lot of respect and love!



So we should strengthen the legs to keep the knees supported!

### WE DO THAT BY:

- 1: Building strength along the back of the legs (where it tends to be weak) to get both sides of the leg working
- 2: Building strength around the knees to tolerate when hyperextension does happen (if you trip or lose balance!)

### NOTES:

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Remember:  
The body is  
**CONSTANTLY**  
adapting. Whether  
you're moving or  
sitting still. So the  
movements you make  
more often will be  
what your body does  
most habitually.