



SUMMIT STRENGTH

# HIKER'S KNEE PREVENTION GUIDE

The 3 Step Process For  
Eliminating Knee Pain  
On The Trail

SUMMIT STRENGTH

You are likely here because you are concerned about knee pain while hiking.

Whether you are planning to trek the volcanic slopes of Kilimanjaro...

Or simply to go for a day hike in the local national park...

Knee pain is an easy way to suck all the enjoyment out of your adventure.

But don't worry, you are not alone!

**Knee pain for hikers is an incredibly common issue.**

One that we deal with everyday...

The following methods in this document have aided dozens of our clients eliminate knee pain in their hiking.

From day hikers, to first time backpackers, to mountaineers planning to scale the highest mountains of the world... we have helped them get their bodies strong, stable and pain free - so they can properly enjoy their adventure!

And while they will never completely eliminate the chance of knee pain - they will give you the best chance possible of a comfortable, enjoyable and successful hike

Enjoy!

And for those of you who are serious about doing everything possible to overcome their knee pain while hiking, check out the last page.





## THE PROBLEM WITH THE CURRENT INFORMATION

If you have ever experienced knee pain while hiking, chances are you have done some research on how to stop it.

But more than likely you have come across the same advice I did...

Use a knee brace...

Tape up your knee...

Get some orthotics...

And while these things can help in the short term...

They are only really a band aid solution...

Unfortunately they don't do anything to fix the underlying issues...

The second you stop using them, the pain comes back straight away...

And you are stuck in a never ending loop...

So that is what this guide is all about.

To break that loop.

To give you clear and actionable steps to fix the root issues causing your pain...

So you can have the best chance of hiking comfortably, confidently and pain free!





## STEP 1: MOBILISE

One of the biggest factors to knee pain is restricted movement in certain muscles...

This is usually caused by a combination of the strains of modern living as well as the demands of whatever exercise you might be doing.

The issue here is that for the knee to work best, it has to remain stable.

However, if the joints both above and below the knee do not have enough movement...

The body will compensate by allowing more movement through the knee joint...

**THIS IS NOT A GOOD THING!**

**In order for the knee to remain stable, safe and pain free we MUST ensure that the ankles and the hips have sufficient range of motion.**

In the following program this is done through:

- Foam Rolling to 'release' the muscles
- Static stretching to 'lengthen' the muscles
- Specific warm up routines to properly prepare these muscles for exercise



## STEP 2: STRENGTHEN

Traditionally strength training has been over looked by hikers around the world.

And there are a lot of myths around strength training that do not seem to go away.

Things like 'Weights will make me bulky' or 'Weights are bad for your joints' are things that we hear every day.

But the simple fact is; **a well thought out and applied strength training program is the VERY BEST THING for preventing knee pain.**

When we are strength training as hikers, we are not training for bigger muscles.

Instead, we are training to improve our 'neuromuscular coordination' - which is essentially the connection between our brain and our muscles.

By developing this, we can allow our body to engage more of the available muscles fibers for any given task.

And this leads to the benefits of:

- \*Improved muscle strength and power
- \*Reduced risk of injury
- \*Improved movement economy

**In the sample program, the given strength sessions are designed to:**

- \***Improve single leg strength**
- \***Develop knee stability**
- \***Increase coordination and balance**

By improving these we can greatly reduce the chance of knee pain and ensure you have a safe, comfortable and successful hike.



## WEIGHTS TRAINING MYTH: THE THOUSAND REP APPROACH

A common misconception with weights training, is that a high repetition approach is the only way to train for endurance activity.

The idea behind this is that seeing endurance activities require long periods of constant output, we should be replicating that in the gym.

And yes, this can be effective at improving muscular endurance - and should be a part of any preparation program.

But if this is all you are doing in the gym, you are genuinely missing out.

**An equal portion of your training should be allocated to low repetition, high rest, strength work.**

This is the training which will stimulate the best improvements in joint stability, injury reduction and hiking strength.

And if you are only doing high repetitions, then you are not taking advantage of all these amazing benefits!

In the following Hiker's Knee Prevention Program - we allocate half our gym exercises to 'Muscular Endurance' and half to 'Muscle Strength'. Through this we get the best of both worlds.



## STEP 3: USE THE CORRECT GEAR

As much as we are not a huge fan of most aids to reduce knee pain...

It would be doing you a disservice if we didn't mention two things:

### TREKKING POLES

Trekking poles are literally a hiker's best friend.

**If you have ever experienced any type of knee pain while hiking - trekking poles are a MUST!**

They can:

- Reduce the force on your knees by up to 30% when going downhill
- Improve movement economy (i.e. reduce fatigue)
- Improve balance (i.e. reduce the risk of slips and falls)

### GET YOUR BOOTS FITTED

**Whether you are planning on using full boots, trail shoes or even trainers - it is essential you get them fitted by an expert.**

There are quite a few factors which go into correct boot choice (which is unfortunately beyond the scope of this guide).

But...

Don't be tempted by the cheap deals online...

Don't get shy and try to do it yourself...

Go down to the local adventure store and get them fitted by an expert!



# PUTTING IT ALL TOGETHER

While this information is great, it does you no good if you can't put it into action...

With that in mind we have created a **FREE 12 Week Training Program** for Preventing Hiker's Knee.

The sample training plan, will be very effective for someone who suffers from mild knee pain whilst hiking.

**However, this program is NOT designed for someone who has recently had an acute knee injury or reconstruction. If this is you, please consult a physiotherapist.**

The workouts provided include you strength and mobility work. As well as recommended days to do additional cardio and hiking.

To find your workouts - please click the hyperlink to a printable program for you to follow. Each exercise has a YouTube link attached for to a demonstration.

However If something is still unclear, feel free to reach out to us anytime.



# Sample Training Plan

WEEK 1-4

Monday:	<u>Strength</u>
Tuesday:	<u>Mobility</u>
Wednesday:	Cardio
Thursday:	<u>Mobility</u>
Friday:	<u>Strength</u>
Saturday:	Hiking
Sunday:	<u>Mobility</u>

Click The Links To Download Workouts



# Sample Training Plan

WEEK 5-8

Monday:	<u>Strength</u>
Tuesday:	<u>Mobility</u>
Wednesday:	Cardio
Thursday:	<u>Mobility</u>
Friday:	<u>Strength</u>
Saturday:	Hiking
Sunday:	<u>Mobility</u>

Click The Links To Download Workouts



# Sample Training Plan

WEEK 9-12

Monday:	<u>Strength</u>
Tuesday:	<u>Mobility</u>
Wednesday:	Cardio
Thursday:	<u>Mobility</u>
Friday:	<u>Strength</u>
Saturday:	Hiking
Sunday:	<u>Mobility</u>

Click The Links To Download Workouts



# FAQ'S

## **Q) Will I Need To Buy Equipment?**

A) There are three pieces of equipment that you will need for this program. You will need a 'mini band', a therapy/resistance band and a foam roller (alternatively you can use a metal water bottle). You can buy these online for under \$30.

## **Q) My knee hurts when I do certain exercises**

A) When this happens STOP. While this program is designed for people with Hiker's Knee specifically - if you are feeling any pain during the exercises please see a physiotherapist.

## **Q) Should I warm up before hiking?**

A) We highly recommend you follow the same warm up routine as your strength sessions - for your hiking. If you don't want to carry a foam roller with you - a metal water bottle works just as well.

## **Q) Do I use weights for the exercises?**

A) For a beginner level - body weight will be enough for each exercise. However, if this is too easy, feel free to add additional weight wherever you like.



## ABOUT SUMMIT STRENGTH

Summit Strength is an online personal training service specialising in preparing hikers, trekkers and mountaineers for their dream adventure.

With a background in sport science and strength and conditioning, it is our mission to provide the very best coaching, advice and support for anyone with an adventure aspiration.

We firmly believe that with the right training, support and advice, absolutely anyone can get 100% ready for a significant adventure, regardless of their experience or history.

Being an online personal training service, we help adventurers all around the world get fit, strong and resilient.

We have worked with first-time hikers who simply want to get fit for the trail, to aspiring thru-hikers who want to complete their dreams without an injury, all the way to life long mountaineers who want to conquer some of the tallest peaks in the world.

We are the difference between completing your adventure and turning back halfway.



# Need Extra Help?

Even though the guide is pretty comprehensive, we could never imagine that we could cater for every situation.

In the event, you'd like a more specific plan, tailored around your individual needs, preferences and injury history, please don't hesitate to reach out.

Here is our contact information below, and, a button that you can click to view our online personal training packages for hikers.

## Contact Details:

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0410 028 065



[SummitStrength.au](https://www.instagram.com/SummitStrength.au)



[SummitStrength.au](https://www.facebook.com/SummitStrength.au)



[rowan@summitstrength.com.au](mailto:rowan@summitstrength.com.au)

Need Some Extra Help With Your Training?

Check Out Our  
Online Training For Hiking Packages:

[\*\*Online Training\*\*  
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We hope you enjoyed the guide.  
Enjoy your pain free hiking!