



Knees, Lower Legs & Feet Issues

Description



The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.



Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.



History



Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.



Subtle Body Foundations

More 

Lesson Bundle Contents

1. [Lower Legs Anatomy](#)
2. [Knee Functions & Issues](#)
3. [Fostering Knee Health](#)
4. [Adapting for Knee Pain](#)
5. [Foot Pain](#)
6. [Teaching for Foot Health](#)

Objectives at a Glance



1. [Lower Leg Anatomy](#)

Learn anatomical terminology related to the knees, lower legs and feet.

2. [Knee Functions & Issues](#)

Learn common types of knee issues and potential causal factors.

3. [Fostering Knee Health](#)



Apply knowledge of anatomy and movement patterns to work effectively with knee issues and to promote knee health.

4. [Adapting for Knee Pain](#)

Become familiar with knee pain and issues, and teaching considerations for supporting students who are experiencing or recovering from knee pain or surgery.

5. [Foot Pain](#)

Learn common types of issues with the feet and potential causal factors.

6. [Teaching for Foot Health](#)

Apply knowledge of anatomy, movement patterns and the causes of issues to work effectively with foot issues and to promote foot health.

Diagnosis & Referral



1. As a reminder, yoga teachersâ??and even yoga therapistsâ??are not trained or licensed to diagnose injury, illness or disorder. You may wish to be very clear about this point, and to ask students if they have obtained a diagnosis.
2. Be prepared to refer students to an expert. Have contact information for qualified experts that you can provide, as needed. See more in [When to Refer Out](#) which includes how to respond to students, and questions for their medical provider
3. Yoga is likely to be an excellent supplemental resource for students. But of course, teachers must be cautious and clear when responding to studentsâ?? individual needs so that yoga support is not construed as a diagnosis, a â??prescription,â?• or a recommendation for sole treatment.

[Lower Leg Anatomy](#)



Lesson Overview

In this lesson, we introduce the anatomy of the knee, lower leg, ankle and foot.

Objective

Learn anatomical terminology related to the knees, lower legs and feet.

Description

Describe the knee joint, the bones that form the lower leg and the ankle joint. Provide the number of bones, joints, muscles and ligaments in each foot. Describe the arches of the foot, their location, and the points that connect them. Name the muscles that serve as foot extensors and describe the location of the muscles that serve as foot flexors. List categories of muscles found in the lower leg and foot and name the muscles that make up the calf. Describe the attachment of the gastroc to the heel and name the lateral muscles of the lower leg.

Knee Functions & Issues



Lesson Overview



In this lesson, we introduce potential issues and conditions of the knees.

Objective

Learn common types of knee issues and potential causal factors.

Description

Explain the primary function of the knee and how the knee is unlike other hinge joints. Describe some symptoms associated with knee conditions and potential causes for knee pain. Describe visible signs that can indicate an imbalanced pull of muscles on the kneecap and hip issues that can be related to knee conditions. Describe other potential reasons for knee pain and provide the name for a condition caused when the cartilage of the knee degenerates and gradually wears away. Describe knee joint hyperextension and explain why it's a concern and how you can address it. Explain how you can respond to knock knees and why bow legs are a concern.

Fostering Knee Health



Lesson Overview

In this lesson, we apply knowledge of anatomy and physiology to support effective teaching of *asana*.

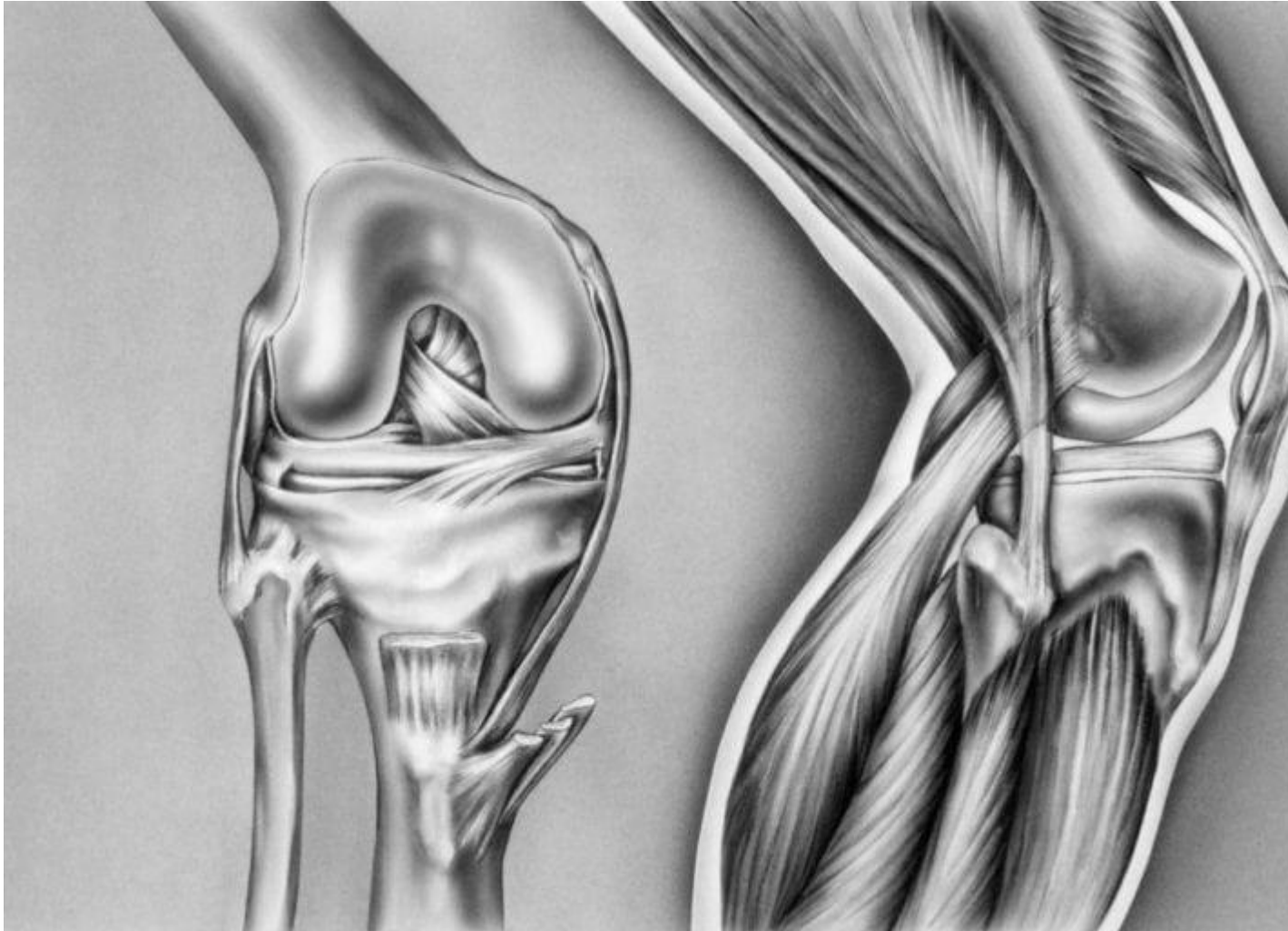
Objective

Apply knowledge of anatomy and movement patterns to work effectively with knee issues and to promote knee health.

Description

Provide a knee position that's advisable to avoid. Describe an issue of concern with weight-bearing *asanas*. Note a priority related to the feet for preventative knee care and explain a type of muscular engagement that can help to support knees. Describe what to watch out for in bent-knee poses. Explain a recommendation for such poses as *Virasana* (Hero Pose) when knee flexion is limited. Explain which muscles need balanced development to keep the knee safe. Describe why the innermost quad muscle is relevant to knee safety and how to strengthen it.

Adapting for Knee Pain



Lesson Overview

In this lesson, we introduce knee pain and explore considerations for supporting students with knee issues.

Objective

Become familiar with knee pain and issues, and teaching considerations for supporting students who are experiencing or recovering from knee pain or surgery.

Description

Provide yoga techniques to consider during active knee pain and swelling. Describe basic engagement and alignment considerations for knee conditions. Explain which muscles tend to need strengthening and stretching to help with knee issues. Provide alignment adaptations to consider for students having trouble aligning their knee in bent leg standing poses. Note poses and adaptations to consider for students with knee conditions. Explain recommended practice priorities for students with knee replacements.

Foot Pain





Lesson Overview

In this lesson, we introduce potential issues and conditions of the feet.

Objective

Learn common types of issues with the feet and potential causal factors.

Description

Explain how postural imbalance is linked to symptoms related to the feet. Discuss arch development and flat feet. Explain the relationship between the state of the arch and plantar fasciitis. Note other types of issues related to the feet.

Teaching for Foot Health



Lesson Overview

In this lesson, we apply knowledge of the causes of foot pain to support effective teaching of movement practices.

Objective

Apply knowledge of anatomy, movement patterns and the causes of issues to work effectively with foot issues and to promote foot health.



Description

Describe some ways to teach students about the significance of foot health. Explain how to teach foot alignment. Provide exercises and poses that help to strengthen the lower legs and feet. Name poses to stretch the tops of the feet; the bottoms of the feet; and the toes. Explain how inversions affect the feet.



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