

My Favorite Core Exercises To Fix Knee Pain

Why Core Strengthening is Crucial for Knee Pain 

When most people think about fixing knee pain, they focus only on the knee. But here's the truth:

 Your core is the foundation of your movement.

If it's weak or unstable, every step you take shifts unnecessary load *downward* — and guess where that load ends up? Your knees.

A strong, stable core helps you:

- ✓ Control your pelvis and trunk
- ✓ Maintain proper alignment during walking, squatting, lunging, and running
- ✓ Reduce compensations that lead to knee overload
- ✓ Improve balance and coordination — which is *huge* after injury or surgery

And no, we're not talking about crunches. We're talking about functional core strength. If you've been struggling with knee pain and haven't addressed your core — that might be the *missing link*.

These are just 3 of my favorites that I use for chronic knee pain:

1. Plank pull through: <https://youtu.be/8oyde04MnMQ>
2. Bear crawls: <https://youtu.be/SUUwUVESB9I>
3. Side plank thread the needle: <https://youtu.be/fmh0DoYiTHQ>

SUPER IMPORTANT: This is the TRUTH 

Those alone will only take you part of the way.

If you're not strengthening all of the muscles that support your knee — and if you're not retraining the way you move — chronic pain will keep coming back. 😞 That's exactly why I created the Chronic Knee Pain Fix Course — a step-by-step program that teaches you how to:

- ✓ Strengthen the adductors, glutes, hamstrings, quads, and core
- ✓ Fix the faulty movement patterns that are overloading your knees
- ✓ Progressively build load tolerance — so you can handle life, sport, and everything in between

This isn't just a collection of random exercises — it's a full rehab system built to finally get you out of pain for good.

 [Click here to get it!](#)