



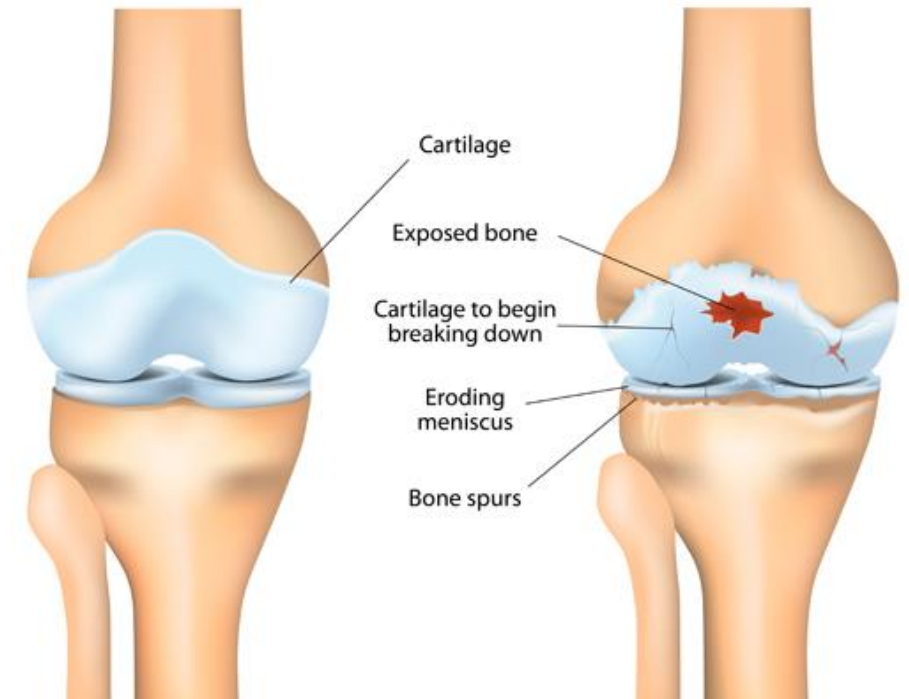
kybun International Meeting 2022

walking  **together** worldwide

- Aims:

- ✓ Understanding what knee osteoarthritis is
- ✓ Knowing why knee osteoarthritis occurs
- ✓ Knowing why our products may help → sales argument
- ✓ Learning which additional exercises are helpful

- Definition:
 - Knee osteoarthritis is a degenerative joint disease of the knee joint
 - Degradation of the cartilage



- Symptoms:
 - Dull or stabbing pain
 - Pain possible at rest and with exertion
 - Pain after longer breaks from exertion
 - Stiffness in the knee
 - Impaired mobility of the knee joint

- Causes:

- ?

- ?

- ?

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- Causes:
 - Hard, flat underground
 - Hard and stiff footwear
 - Lack of exercise
 - Sitting lifestyle
 - Weakened foot muscles and foot malpositions
 - Stiff joints
 - Altered fascia structure

- kybun Joya therapy:

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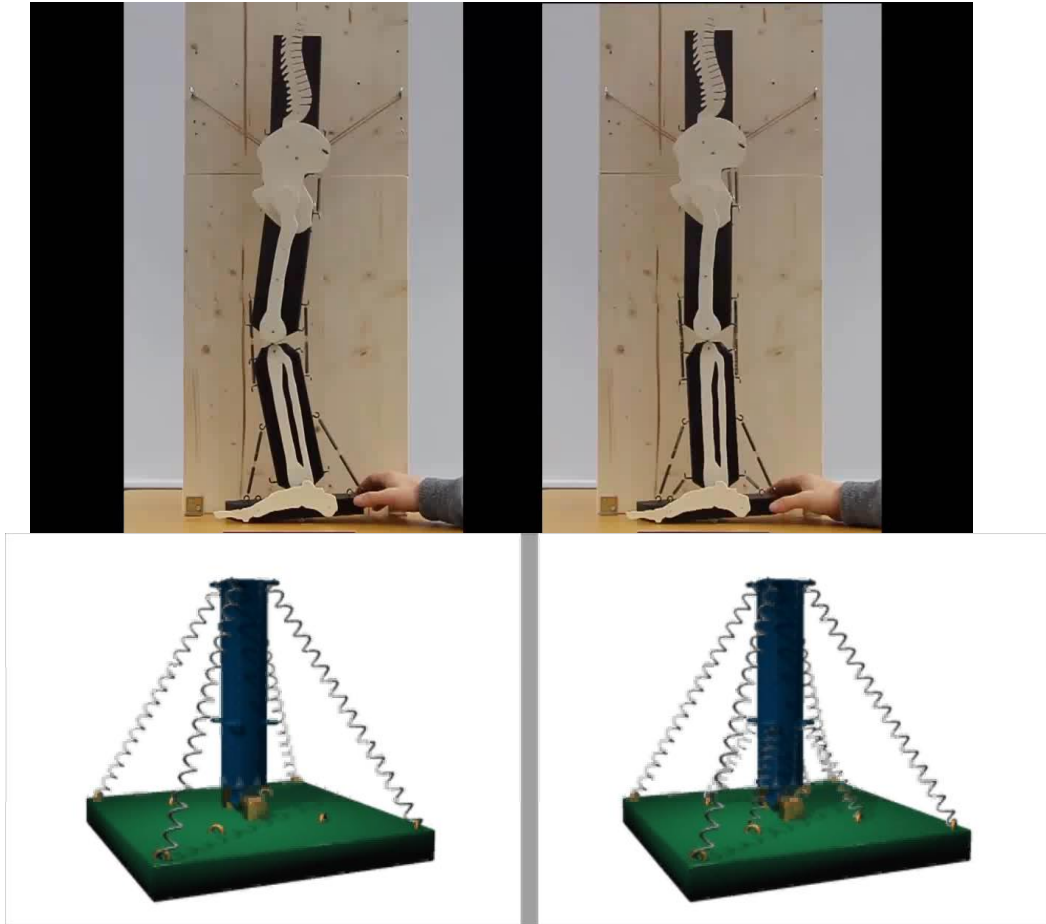
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- kybun Joya therapy:
 - Promotion of physical activity and reduction of sedentary lifestyle
 - Activation and strengthening of the musculature
 - Activation of a natural and physiological gait
 - Reduction of harmful impacts
 - Care and protection of the fasciae
 - Optimised pressure distribution

Workshop – knee osteoarthritis



Workshop – knee osteoarthritis



- Exercises
 - kybun Joya walking
 - Stretching
 - Fasciae rolling
 - Muscle strengthening

- Exercises – kybun Joya walking:
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- Exercises – kybun Joya walking:
 - Controlled heel strike with muscle activation

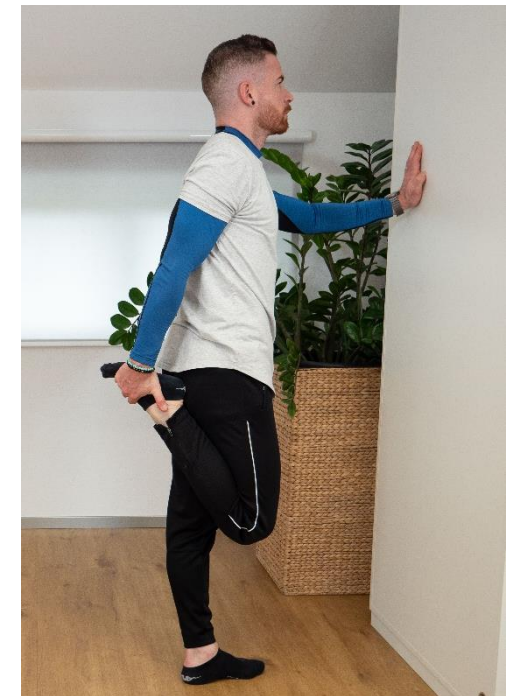


- Prevent the foot to pronate and supine
- Prevent the midfoot and forefoot to fall down
- Reduce roll off with the forefoot

- Exercises – kybun Joya walking:
 - A controlled walking pattern
 - Less range of motion in the beginning

- Exercises – stretching:
 - ?

- Exercises – stretching:
 - Aim: Try to get more mobility around the knee joint and reduce the tension on the ventral chain
 - Exercise 1:
 - 3 times a day
 - 30 seconds



- Exercises – stretching:
 - Aim: Try to get more mobility around the knee joint and reduce the tension on the dorsal chain
 - Exercise 2:
 - 3 times a day
 - 30 seconds



- Exercises – stretching:
 - Aim: Try to get more mobility around the knee joint and reduce the tension on the ventral chain
 - Exercise 3:
 - 3 times a day
 - 30 seconds



- Exercises – fasciae rolling:
 - ?

- Exercises – fasciae rolling:
 - Aim: Try to get more mobility around the knee joint and reduce the tension on the ventral chain
 - Exercise 1:
 - Once a day
 - at least 60 seconds

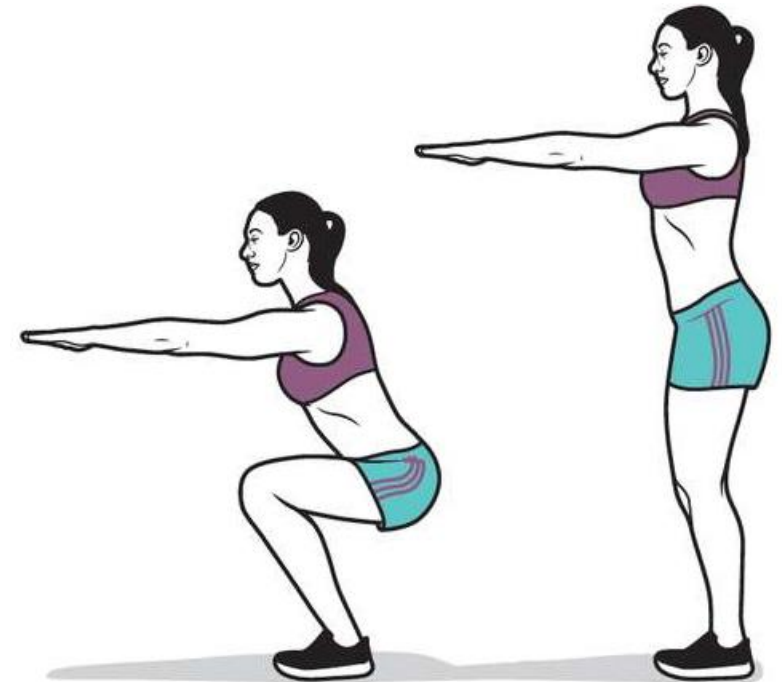


- Exercises – fasciae rolling:
 - Aim: Try to get more mobility around the knee joint and reduce the tension on the ventral chain
 - Exercise 2:
 - Once a day
 - at least 60 seconds

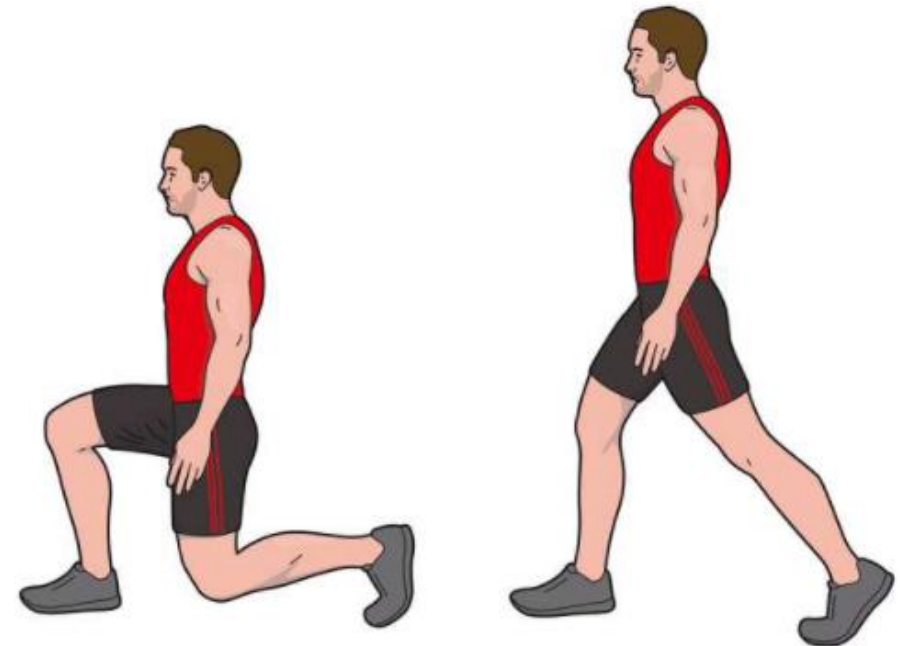


- Exercises – Muscle strengthening:
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- Exercises – Muscle strengthening:
 - Aim: Get more stability in the knee joint
 - Exercise 1:
 - 3 times a week
 - 8 – 12 repetitions
 - 3 series



- Exercises – Muscle strengthening:
 - Aim: Get more stability in the knee joint
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 - 8 – 12 repetitions
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