

Provided by : Agility Physical & Occupational Therapy



1. Lie on back holding injured knee and ankle as shown
2. Hold knee stable as you pull ankle toward your chest so that you feel a stretch
3. Hold 30 seconds
4. 3 repetitions, 1-2 times per day

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1. Lie on back
2. Pull knees up toward chest as far as you can
3. Hold 30 seconds
4. Perform 3 repetitions, 1-2 times per day

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1. Stand holding the injured ankle as shown
2. Bend the knee upward so that you feel a stretch
3. As you bend the knee, make sure the thigh stays in line with your body as shown (don't let it point forward)
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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