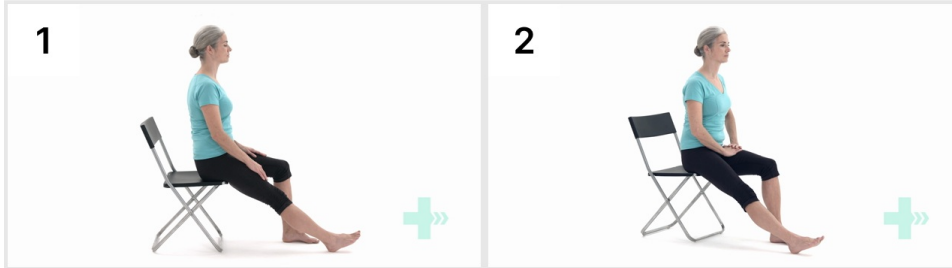


1. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

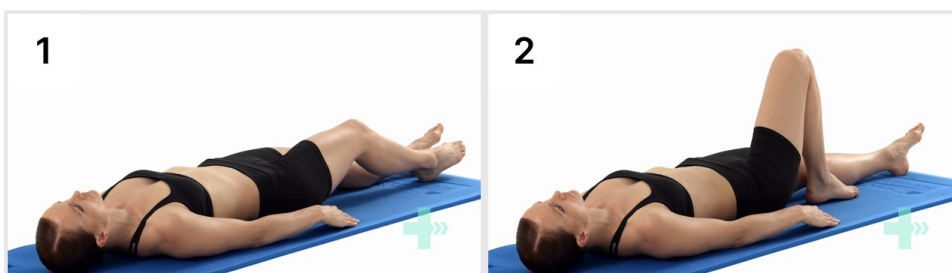
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

2. "Heel slides" Hip/knee flexion/extension AROM, supine; 01

1 Set • 1 Rep • 1 s hold



Lie on your back with your legs straight.

Slide your affected foot in towards your bottom, bending your hip and knee.

Keep your knee pointing to the ceiling and then slowly lower back to the start position.

Relax and repeat.

3. "Quad sets" Knee terminal extension strengthening, ankle flexed, towel under knee, supine

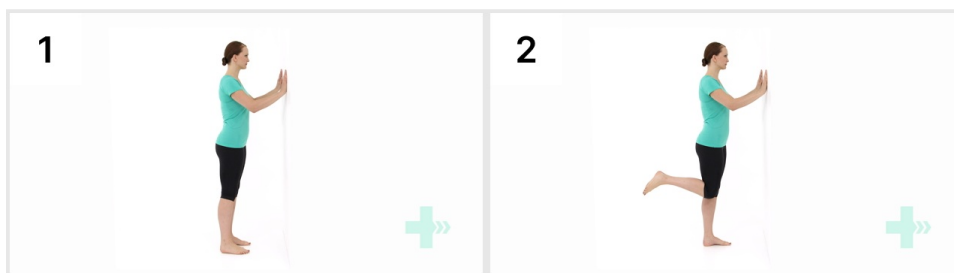
2 Sets • 10 Reps • 10 s hold



Lie on your back with your resting leg bent.
Place a rolled towel under the knee of your affected leg.
Pull your toes on your exercising leg towards you.
Clench your thigh muscles, pushing the back of your knee into the towel.
You should feel your thigh muscles tighten.
Hold this position, relax and then repeat.

4. Knee flexion AROM, facing wall, standing

3 Sets • 10 Reps • 3 s hold



Stand up straight facing a wall or stable surface.
Take your weight onto one leg and keep your thighs parallel.
Bend your other knee, bringing the heel of this foot towards your buttock.
Control the movement as you lower this leg back down and repeat with the same leg.