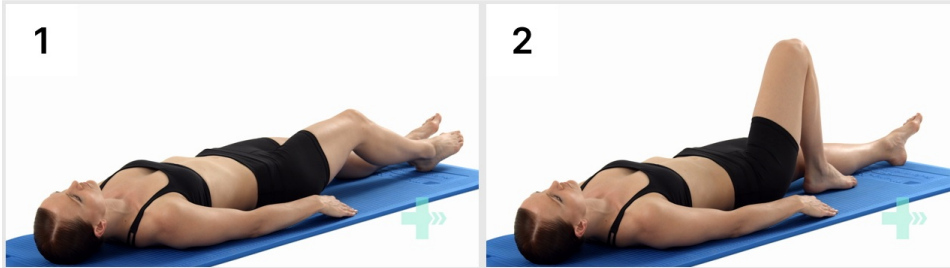

1. "Heel slides" Hip/knee flexion/extension AROM, supine; 01

3 Sets • 10 Reps • 5 s hold



Lie on your back with your legs straight.

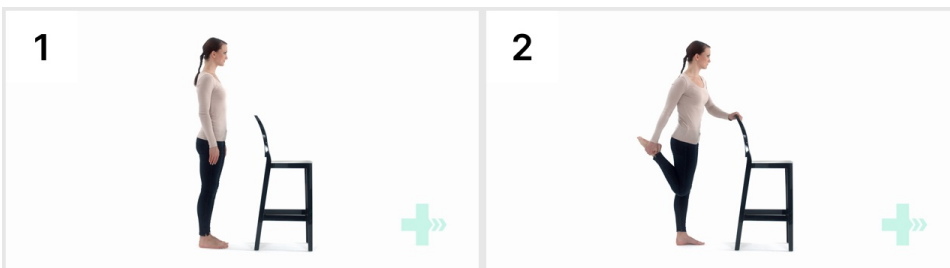
Slide your affected foot in towards your bottom, bending your hip and knee.

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

Relax and repeat.

2. Quadriceps stretch, standing behind chair

2 Sets • 3 Reps • 30 s hold



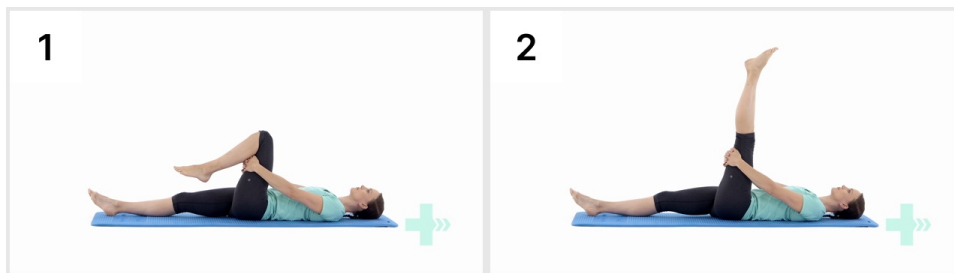
Start in a standing position. Use a wall or chair for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible and try to keep your knee bent at a right angle.

Hold for a few seconds, and then repeat for the other leg.

3. Hamstring stretch, straightening leg to ceiling, supine

2 Sets • 1 Rep • 30 s hold



Lie on your back with both of your legs straight.

Bend the leg that you would like to stretch and bring your knee in towards your chest.

Clasp your hands together behind your thigh.

Allow your thigh to rest in your hands with your arms straightened.

Keeping your upper body relaxed, slowly straighten your knee, bringing your foot up towards the ceiling.

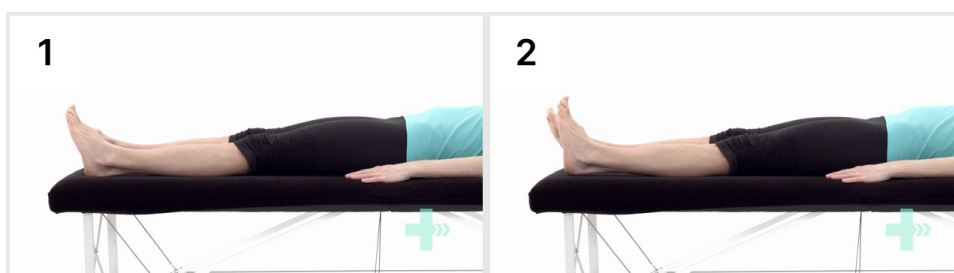
Hold the position when you feel a stretch at the back of your thigh.

To ease off the stretch, bend your knee again.

Repeat.

4. "Quad sets" Knee terminal extension strengthening, supine

3 Sets • 10 Reps • 10 s hold



Lie on the bed.

Stretch out your leg and press the back of your knee downwards until you feel your thigh muscles tighten.