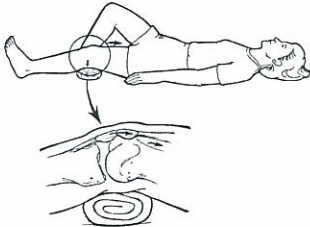


Provided by : Agility Physical & Occupational Therapy



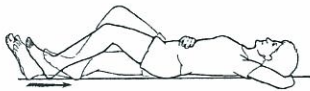
1. Sit or lie on your back with leg straight
2. Place a small towel rolled under your injured knee
3. Press the back of your knee downward
4. This will tighten the muscle on the top of your thigh and move your kneecap as shown
5. Hold 10 seconds
6. 10 repetitions, 1-2 times per day

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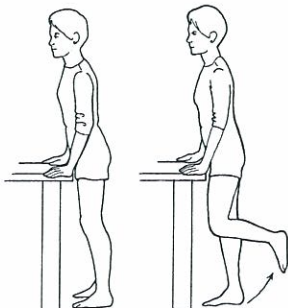
1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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1. Lie flat on back
2. Slide injured heel toward your buttocks, bending the knee to tolerance
3. Hold 5 seconds and slowly lower
4. 3 sets of 10 repetitions, 1-2 times per day

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1. Stand holding onto solid object as shown
2. Slowly bend injured knee
3. Hold a few seconds and slowly lower
4. 3 sets of 10 repetitions, 1-2 times per day

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