

Provided by : Agility Physical & Occupational Therapy

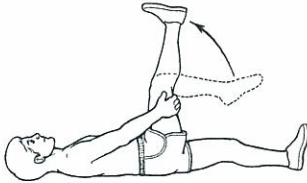
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1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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1. Lie on back holding leg with hands as shown
2. Straighten the knee as far as you can, keeping your other leg straight on the floor
3. Hold 30 seconds
4. 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
3. Hold 5 seconds and slowly lower
4. 10 repetitions, 1-2 times per day

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