

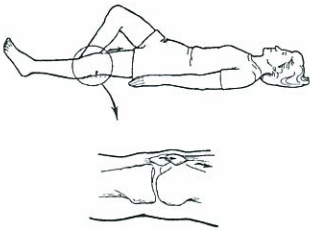
Provided by : Agility Physical & Occupational Therapy

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



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1. Bend ankle up toward your body as far as possible
2. Hold 3 seconds
3. Now point toe away from your body
4. Hold 3 seconds
5. 3 sets of 10 repetitions, 3 times per day



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1. Sit on the edge of a table or chair
2. Cross ankles as shown, with the stiff knee on the bottom
3. Press downward with the upper leg so that you feel a stretch
4. Hold 5 seconds
5. 2 sets of 10 repetitions, 1-2 times per day



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