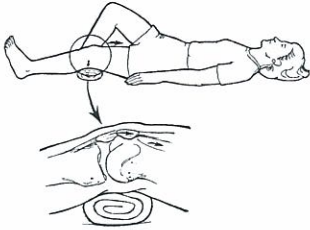
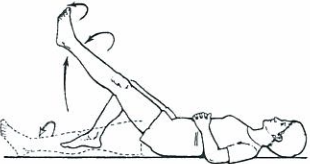


Provided by : Agility Physical & Occupational Therapy



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. Lie on back with injured knee straight and the other knee bent as shown
2. Keep the leg completely straight with toes pointed outward, then raise it 6-8 inches
3. Hold 5 seconds and slowly lower
4. 3 sets of 10 repetitions, 1-2 times per day

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1. Stand with uninjured side facing wall
2. Cross the uninjured leg behind the other leg and toward the wall
3. Bend the forward knee slightly and lean your trunk toward the wall until you feel a stretch on the outside of the hip (see arrow)
4. Hold 30 seconds
5. 3 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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