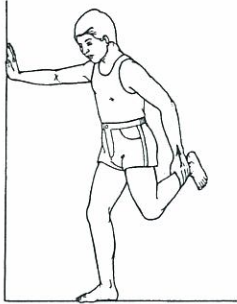


Provided by : Agility Physical & Occupational Therapy



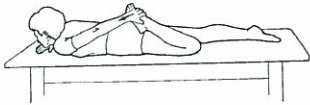
1. Stand holding the injured ankle as shown
2. Bend the knee upward so that you feel a stretch
3. As you bend the knee, make sure the thigh stays in line with your body as shown (don't let it point forward)
4. Hold 30 seconds
5. 3 repetitions, 1-2 times per day

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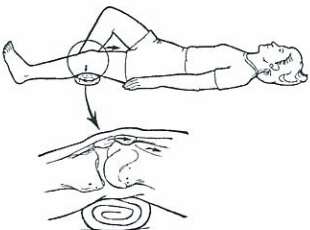
1. Lie flat on back
2. Slide injured heel toward your buttocks, bending the knee
3. Hold 5 seconds and slowly lower
4. 15 repetitions, 1-2 times per day

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1. Lie on a surface as shown
2. Hold on to your ankle and bend the knee so that you feel a stretch
3. Hold 30 seconds
4. 3 repetitions, 1-2 times per day

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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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