



QUAD SET WITH TOWEL UNDER HEEL

While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Repeat 5 Times
Complete 2 Sets

Hold 5 Seconds
Perform 2 Times a Day



Knee Flexion Using Towel

With Towel around heel of involved leg, gently assist your leg by pulling knee up with towel until stretch is felt. Hold 10 seconds

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Push-pull knee extension stretch

This is an exercise to facilitate knee extension (straightening).

Place involved leg on a towel roll or small pillow. While pulling with opposite hand on belt, push down with involved side hand into extension.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day