

knee stretches AF

Created by Dr. Aaron Ford Feb 7th, 2024

View at www.my-exercise-code.com using code: R9CY4WB



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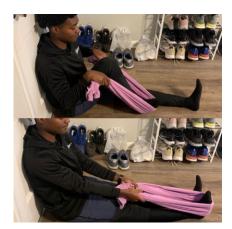
QUAD SET WITH TOWEL UNDER HEEL

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 Hold 5 Seconds

Complete 2 Sets 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 Hold 1 Second

Complete 1 Set 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 Hold 5 Seconds

Complete 1 Set Perform 2 Times a Day