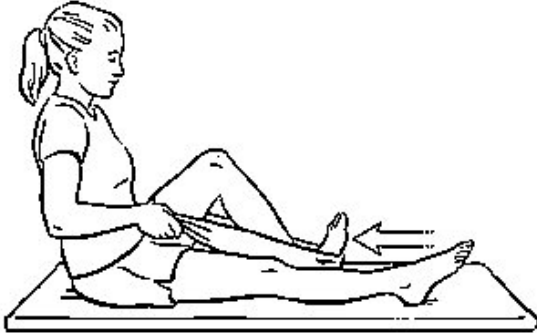
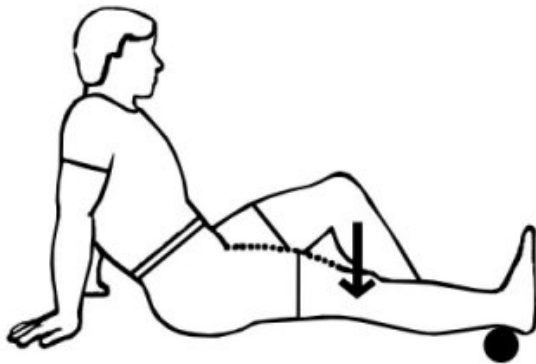


Knee Acute Exercises



Using a towel, belt or rope, with the affected knee fully extended, pull with hands and gently slide the heel towards your buttox within pain tolerance.



Rest the foot of the affected side on a rolled towel with the knee extended as much as possible. Now with your hand, gently apply pressure above the knee cap down towards the floor . Be careful to stay within pain tolerance.

Do Not Cause Pain.

HOLD: 5 10 **REPS:** 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____