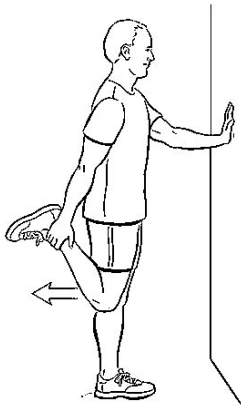
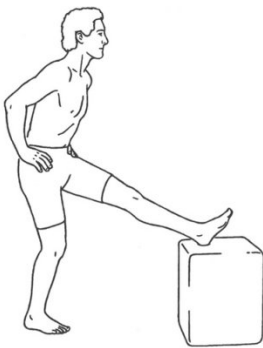


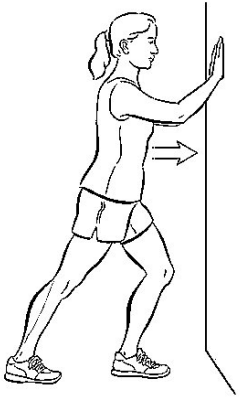
Knee Sub-Acute Exercises



Using a your hand, towel, belt or rope, with the affected knee fully flexed, pull with hand up and back to stretch the front of your thigh within pain tolerance.



Using a stool, small chair or a step, rest your affected leg on it and lean forward to stretch the back of your thigh within pain tolerance. You can also lower yourself on the unaffected leg for a deeper stretch.



Leaning into a wall with your affected leg fully extended and behind you 1 step, lean towards the wall and slowly bend your unaffected front leg to stretch your calf muscle 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. _____