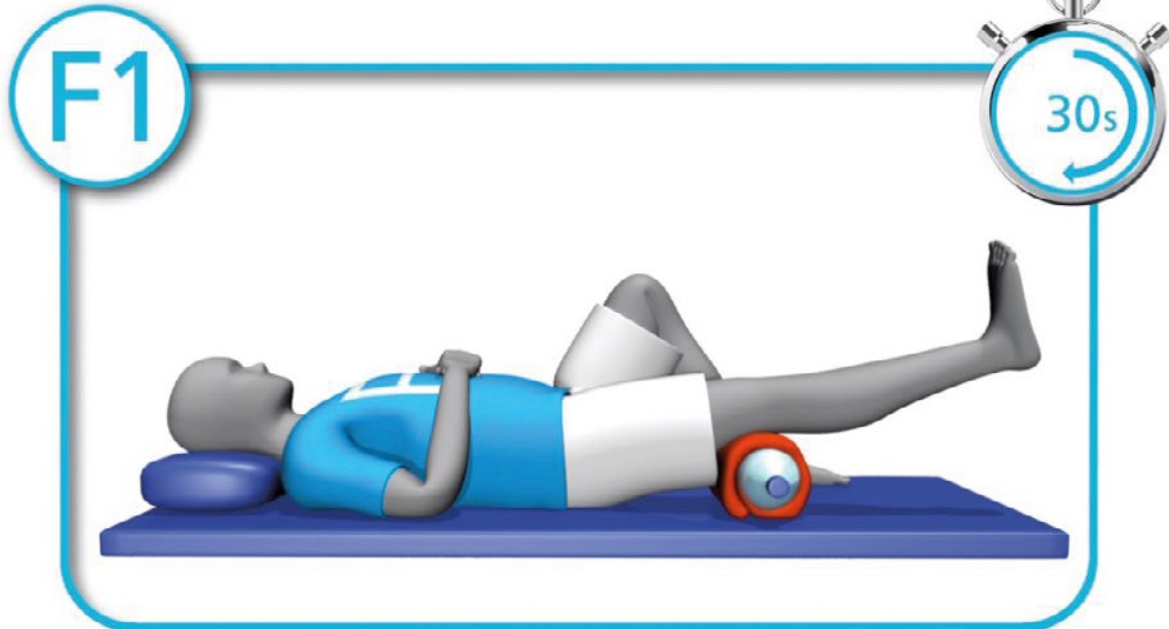


Flexibility/stretching – Lower body

Joint: knee



Lie on the back with a support under the knee (such as a cushion or water bottle wrapped in a towel). The knee is then straightened and the heel slowly lifted off the surface over a count of 4, held for about 30 seconds, then slowly lowered again.

Comments



- Ensure the back, particularly the lower back, is flat against the floor.
- Make sure the head is supported properly with a cushion to prevent strain to the neck.
- Avoid 'locking' the knee or ankle; do not keep the leg too rigid.

Functional application

Useful where there is difficulty getting out of bed; carry out the stretching exercise in bed before rising.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions

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