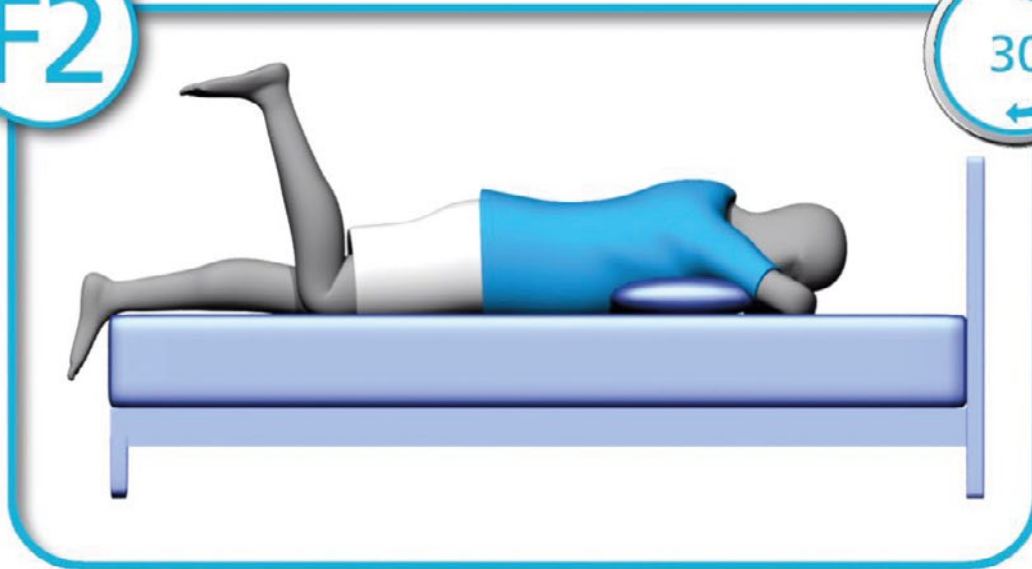


Flexibility/stretching – Lower body

Joint: knee

F2



Lie on the stomach and, keeping hips as flat as possible, bend the knee towards the bottom. Lift the foot slowly over a count of 4, hold for about 30 seconds, then slowly lower again.

Comments



- Important not to overflex the knee. Use gentle pressure that feels comfortable on the front of the knee.
- Try to ensure the hips remain level and do not tilt to the left or right with the weight of the leg.
- Use a cushion under the chest for added comfort.

Functional application

Good to maintain movement of the knee and to improve movement after a period of immobility (such as after a bleed or injury).

This exercise also stretches the hip muscles at the front and can help improve posture.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions