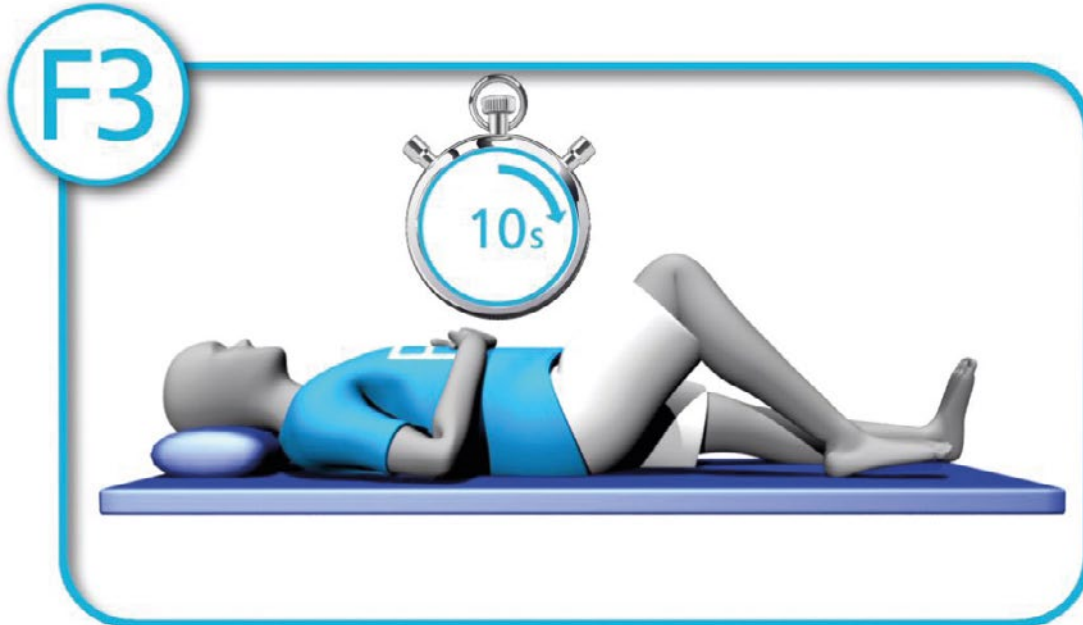


Flexibility/stretching – Lower body

Joint: knee



Lie or sit with both legs straight out. Bend the hip and knee and slide the heel towards the body over a count of about 10 seconds, then slide it away from the body again in a slow, controlled movement.



Comments

- It is important to support the back in this exercise, so tilt the pelvis slightly backward, so the lower back does not become arched, and pull in the abdominal muscles.
- Make sure the head is supported properly with a cushion to prevent strain to the neck.

Functional application

Useful for people who want to work on the range of motion of the knee to progress to activities such as cycling, either outside or on a stationary bike at the gym.

Having proper amounts of knee bending makes it more comfortable to sit on, for example, a bus/train seat.

Patient's name

Date

Number of repetitions Number of sets

Number of times per week Number of weeks

Other instructions