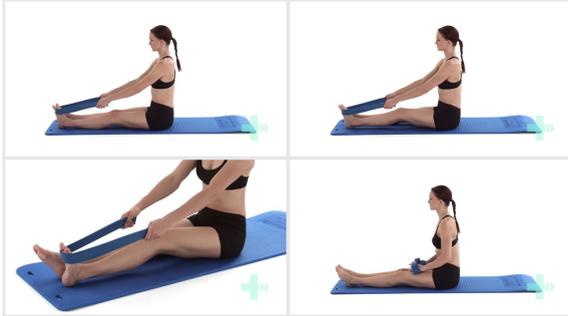


Sportreat and TotaLife Care
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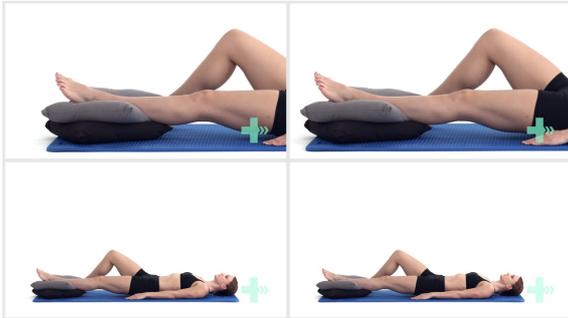
3 Sets / 10 Reps / 3 s hold



1. AAROM knee flexion in long sit

Start in a seated position with your legs straight out in front of you. Place a belt around the end of your affected foot. Slide your heel in towards your buttocks as far as you can, keeping your knee pointing directly upwards. Use the belt to assist with the movement. Hold as directed and then slowly return to the start position and repeat.

3 Sets / 10 Reps / 3 s hold



2. Passive knee extension stretch supine

Lie on your back with the foot of your affected leg resting on some pillows. Make sure there is a gap between your leg and the bed as you rest here, trying to straighten the knee as far as you can.

3 Sets / 10 Reps / 3 s hold



3. Supine isometric knee extension

Sit upright and clench your thigh muscles, pushing the back of your knee into the bed so your leg straightens. Relax and repeat.

3 Sets / 10 Reps

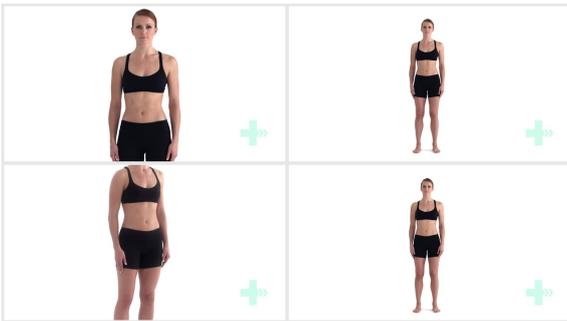


4. IRQ in long sitting

Lie on your back with a foam roller or rolled towel under your knees and let your legs hang over in a comfortable position. Straighten your affected knee by tensing the thigh muscles, so that your heel comes off the table and the knee straightens. Hold this position, then control the movement back down to the start position and repeat.

**5. SLR**

Sit with your resting leg bent and pull your toes up towards you. Tighten your thigh muscle, pressing the back of your knee into the floor. Keeping your knee locked straight, lift your leg off the floor. Hold this position before you return your leg to the floor. Make sure your hips remain in contact with the floor at all times, and your knee remains straight.

**6. Standing weight transference side to side [11050]**

Stand in front of a mirror, with your feet hip-width apart. Then using your core muscles, gently move side to side, shifting your body weight from one side to the other. Make sure your hips don't drop down or push out to the sides and keep your shoulders level.