

Sportreat and TotalLife Care  
 367 Canning Highway  
 Palmyra WA 6157  
 Palmyra, WA, 6157

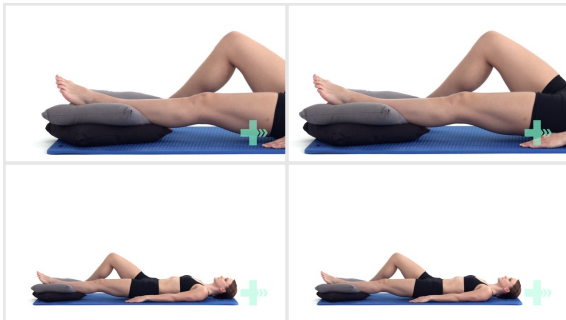
3 Sets / 10 Reps / 3 s hold



**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. IRQ in long sitting**

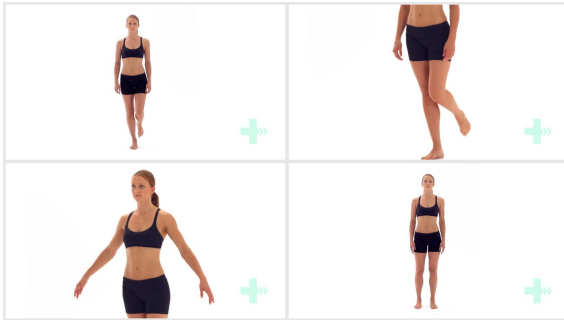
Lie on your back with a foam roller or rolled towel under your knees and let your legs hang over in a comfortable position.  
 Straighten your affected knee by tensing the thigh muscles, so that your heel comes off the table and the knee straightens.  
 Hold this position, then control the movement back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

3 Sets / 10 Reps / 3 s hold



**4. SLR**

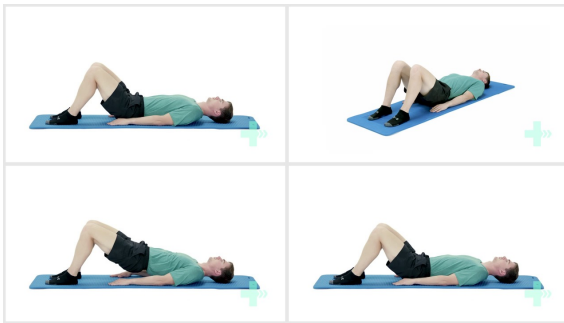
Sit with your resting leg bent and pull your toes up towards you.  
 Tighten your thigh muscle, pressing the back of your knee into the floor.  
 Keeping your knee locked straight, lift your leg off the floor.  
 Hold this position before you return your leg to the floor.  
 Make sure your hips remain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



### 5. SLS eyes open

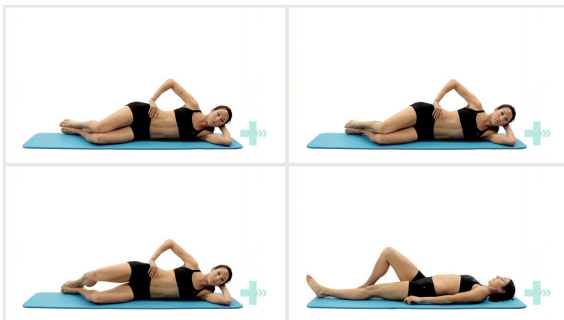
Balance on your symptomatic leg for as long as you can.  
You may want to be close to a solid object to hold on to if needed.  
Do not rest your bent leg on the stance leg.

*Goal is 30 seconds*



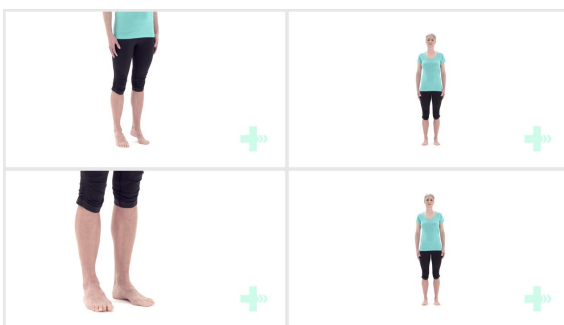
### 6. Bridge on floor

Lie on your back with your knees bent and feet flat on the floor.  
Maintain a hips width distance between your knees and feet.  
Tighten your buttock muscles and lift your hips towards the ceiling until you have a straight line from your shoulders to your knees.  
Hold this position.  
Control the movement as you lower back down to the floor and repeat.



### 7. Clam shells

Lie on your side with your feet, ankles and knees together.  
Bend the legs a little and tighten your core stability muscles.  
Keeping the feet together, lift the top knee up.  
Make sure you don't roll your body back with the movement.  
Control the movement as you bring the knee back down to the starting position.



### 8. Calf raise

Start in a balanced stance with your feet shoulder width apart and then raise yourself up on your toes as high as possible.  
Return back to the starting position.



### 9. Biking

Please consult your practitioner for how long you can use the bike and at what interval.

*When 90 degrees of knee flexion achieved. No Resistance to start.*