

## **Knee** **Complete Every Day**

### **Back of Leg Stretch**

Sit with one leg straight and toes pointed up

**Gently** reach down your leg until you feel a stretch

Hold for 30 seconds, then repeat on other leg

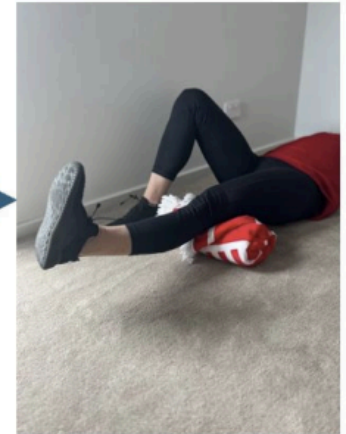


### **Inner Range Quadriceps**

Lay on the floor or bed. Place a rolled towel, or cushion under your knee.

Keeping the back of your knee pressed into the towel/cushion, lift your heel off the ground. Hold for 3 seconds and slowly lower.

Repeat 10 times

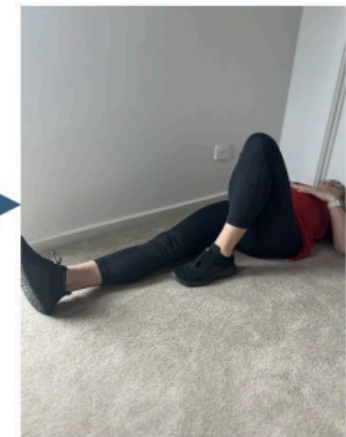
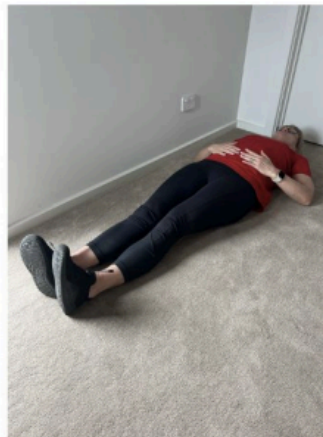


### **Knee to Bottom Slides**

Laying down on your back with knees straight.

Bend one knee by moving your heel in towards your bottom. Straighten the same knee back out to meet the other.

Repeat 10 times, each leg.



**Knee**  
**Complete Every Day**

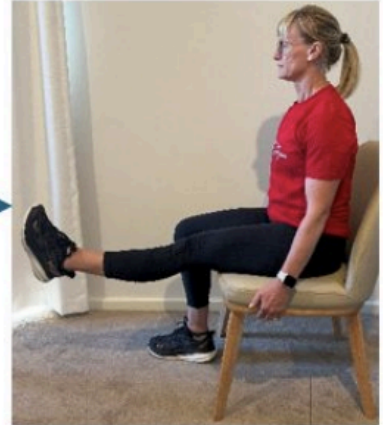
## Knee Kicks

Sit with knees bent, feet on floor

Straighten one leg in front of you

Keep toes pointed up

Repeat 12 times, then switch legs



## Squat

Stand straight holding a chair or bench

Bend your knees to about 90 degrees

Keep your back straight

Repeat 10 times

