

Exercise Program

Resist knee bike recumbent



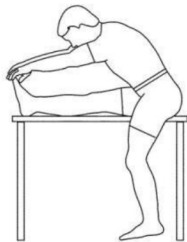
Sit in recumbent bike.
Place feet on pedals.
Begin to cycle.
Perform 0 sets of 10 Minutes, twice a day.
Hold exercise for 5 Seconds.

Stretch knee flex sit w/towel



Sit.
Bend involved knee and place foot flat as shown.
Loop towel around ankle.
Pull heel towards buttocks and hold.
Relax and repeat.
Perform 3 sets of 10 Repetitions, twice a day.
Use Towel.
Hold exercise for 5 Seconds.
Rest 10 Seconds between sets.

Stretch hamstring unit long sitting



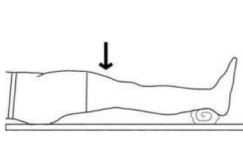
Sit on firm surface with one leg out in front.
Slowly lean forward, trying to touch toes.
Perform 1 set of 10 Repetitions, twice a day
Hold exercise for 5 Seconds.

Stretch knee flex supine at wall w/self



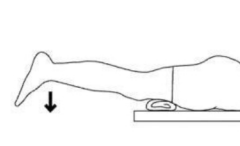
Lie on back, involved knee bent, foot on wall, as shown.
Place ankle of uninvolved leg over other leg.
Slowly press down, bending knee toward the floor.
Perform 3 sets of 10 Repetitions, twice a day.
Hold exercise for 5 Seconds.
Rest 10 Seconds between sets.

Stretch knee ext. supine



Lie face up, ankle supported on towel roll.
Relax leg and allow gravity to straighten leg.
Perform 3 sets of 10 minutes, twice a day.
Hold exercise for 5 Seconds.
Rest 10 Seconds between sets.

Stretch knee ext. prone



Lie face down, towel roll under thigh as shown.
Relax leg and allow gravity to straighten leg.
Perform 3 sets of 10 Repetitions, twice a day.
Hold exercise for 5 Seconds.
Rest 10 Seconds between sets.