

Total 3



SHORT ARC QUAD - SAQ

Place a rolled up towel or object under your knee and slowly straighten your knee as your raise up your foot.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 2 Time(s) a Day



BRACE HEEL SLIDES

While lying on your back with your knees bent, slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 2 Time(s) a Day



HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 2 Time(s) a Day