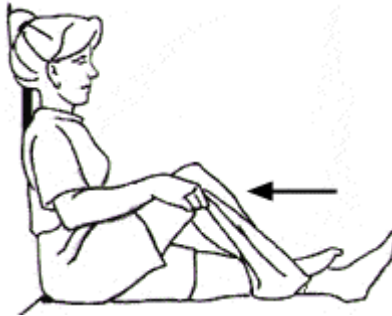


Knee Range of Motion Program

Exercise:

Long Sitting Passive Knee Flexion



WRAP A TOWEL AROUND THE BOTTOM OF YOUR HEEL. RELAX THE LEG AND USE YOUR ARMS TO PULL THE KNEE INTO A BENT POSITION UNTIL A GENTLE STRETCH IS FELT.

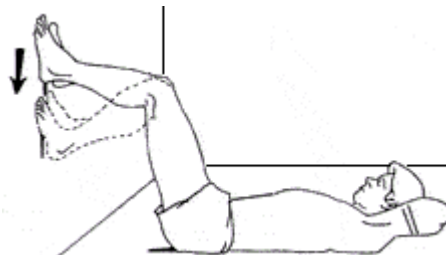
Repeat: 10 times Sets: 1

Hold Time: 5 secs Resistance/Time: 0

Sessions: 3 /day

Exercise:

Passive Knee Flexion- Heel Slides on Wall



WEARING SOCKS TO DECREASE FRICTION LIE ON YOUR BACK WITH BOTH FEET ON THE WALL. TO FACILITATE BENDING OF THE KNEE SLIDE YOUR INVOLVED FOOT DOWN THE WALL.

Repeat: 10 times

Sessions: 3 /day

Exercise ID:

326

Exercise:

Seated Passive Knee Extension



SIT WITH THE INVOLVED HEEL ON A CHAIR AND NO SUPPORT UNDER THE KNEE. GENTLY LET THE BACK OF THE KNEE MOVE TOWARD THE GROUND IN AN ATTEMPT TO FULLY STRAIGHTEN THE KNEE.

Repeat: 5 times

Hold Time: 15 seconds each

Sessions: 3 /day