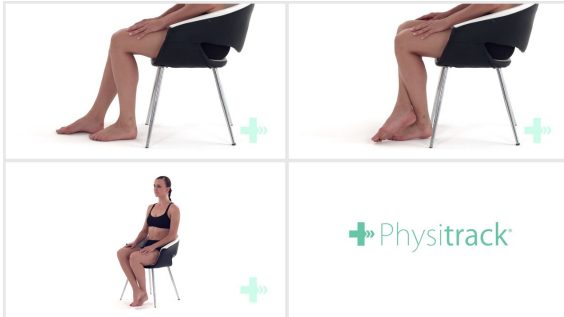


3 Sets / 5 Reps / 10 s hold



**1. Knee flexion AAROM end range, in sitting; 01**

Sit in a chair and bend your affected knee back as far as you can.  
Place the ankle of your good leg over the front of your affected leg and use it to bend your knee back further.  
Hold this position.

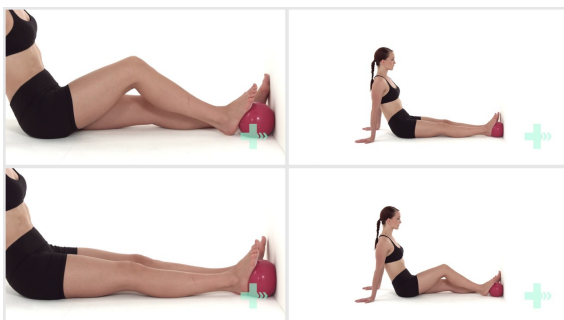
3 Sets / 5 Reps / 10 s hold



**2. Knee terminal extension stretch straightening leg, foot on chair in sitting; 01**

Sit upright in a chair, and place the heel of your affected leg on a stool or table.  
Make sure there is a gap between your foot and your hip as you try to straighten the affected knee as much as you can.  
Stay in this position and hold as directed.

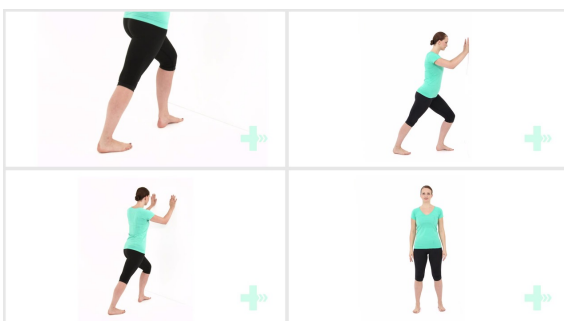
3 Sets / 10 Reps



**3. Knee terminal extension strengthening pushing heel into ball against wall, in sitting; 01**

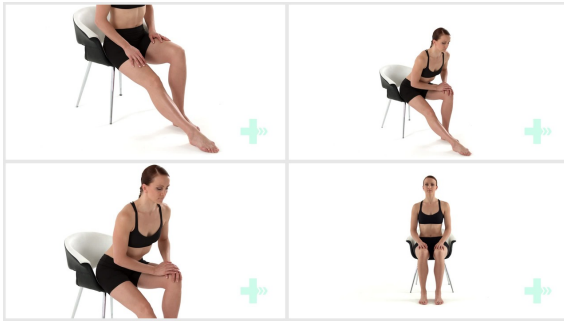
Sit with your legs straight out in front of you.  
Place a small ball against a wall.  
Put the foot of your affected leg flat up against the ball, with your knee slightly bent.  
Keep your knee pointing directly upwards.  
Push the heel of your foot in to the ball, trying to straighten your knee.  
Use the resistance of the ball to push against so you feel the movement.

3 Sets / 5 Reps / 10 s hold



**4. Ankle calf gastrocnemius stretch, hands on wall in standing; 03**

In a standing position, step your affected leg back behind you.  
Keep the heel on the floor and the toes pointing forwards.  
Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.  
Make sure your heel does not come off the floor and your back knee does not bend.



### 5. Hip/knee hamstring stretch leaning forward, in sitting; 01

Sit in a chair.

Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.



### 6. "Bridge" Core/hip strengthening lifting/lowering; 01

Lie on your back.

Bend both knees and place your feet flat on the bed.

Lift your buttocks from the bed.

Place your buttocks back on the bed.

Repeat this exercise and remember to continue to breathe properly.



### 7. SLR (unpublished)

Lie on your back.

Tighten your thigh muscle, pressing the back of your knee into the bed.

Keeping your knee locked straight, lift your leg off the bed.

Hold this position before you return your leg to the bed.

Make sure your hips remain in contact with the floor at all times, and your knee remains straight.