

Stretching: Knee Conditioning

1A) Heel Cord Stretch > 30 Seconds. Repeat x 2. (See Image W1:1A)

Stand facing a wall with your left leg forward with a slight bend at the knee. Your right leg is straight and behind you, with the heel flat and the toes pointed in slightly. Keep both heels flat on the floor and press your hips forward toward the wall. Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat with other leg.

DO NOT ARCH YOUR BACK!

1B) Standing Quadriceps Stretch > 45 seconds. Repeat x 3 > Each Leg (See Image W1:1B)

DO NOT ARCH or TWIST your BACK!

2A) Supine Hamstring Stretch > 45 seconds. Repeat x 3 > Each Leg (See Image W1:2A)

Lie on the floor with both legs bent. Lift one leg off the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. Straighten your leg and then pull it gently toward your head, until you feel a stretch. Hold this position for 45 seconds. Repeat with the opposite leg. Repeat 3 times.

DO NOT put your hands at your KNEE JOINT and PULL!

2B) Hamstring Curls > 10 Reps. Repeat x 3. Each Leg (See Image W1:2B)

Hold onto the back of a chair or a wall for balance. Bend your right knee and raise your heel toward the ceiling as far as possible without pain. Hold this position for 5 seconds and then relax. Repeat for 10 repetitions. Switch legs. Repeat for 10 repetitions on your left leg. Repeat 3 sets.

Flex your foot and keep your knees close together.

3A) Straight Leg Raises > 10 Reps. Repeat x 3. Each Leg (See Image W1:3A)

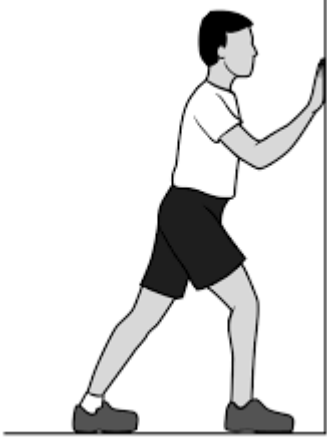



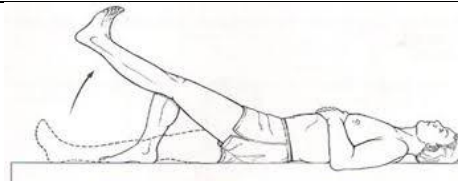

Lie on the floor with your elbows directly under your shoulders to support your upper body. Keep your right leg straight and bend your left leg so that your foot is flat on the floor. Tighten the thigh muscle of your right leg and slowly raise it 6 to 10 inches off the floor. Hold this position for 5 seconds and then relax and bring leg to the floor. Repeat for 10 repetitions. Switch legs. Repeat for 10 repetitions on your opposite leg. Repeat 3 sets.

Do not tense up in your neck and shoulders.

3B) Straight Leg Raise (PRONE) > 30 seconds > Each Leg > Repeat x 3 (See Image W1:3B)

Lie on the floor on your stomach with your legs straight. Rest your head on your arms. Tighten your glutes and hamstring muscles of the right leg and raise the leg toward the ceiling as high as you can. Hold this position for 5 seconds. Lower your leg and rest it for 2 seconds. Repeat for 10 repetitions. Switch legs and repeat for 10 repetitions on your opposite leg. Repeat 3 sets.

Keep your pelvic bones on the floor.

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:3A		W1:3B	

Information and pictures from: *American Academy of Orthopaedic Surgeons*