



### 1: Knee / Hip Flexion Active Assisted ROM with Towel

- Hook a towel around bottom of foot / heel
- Use arms to assist bending knee until a comfortable stretch is felt
- Repeat as instructed

**Reps:** 10 **Sessions:** 3 Everyday **Hold Time:** 5s



### 2: Knee / Hip Flexion Active Assisted ROM in Supine

- Lie on back, cross opposite foot over leg
- Use this leg to assist bending the knee, bringing heel toward buttocks
- Repeat as instructed

**Reps:** 10 **Sessions:** 3 Everyday **Hold Time:** 5s



### 3: Knee Extension Stretch - Sitting

- Sit with foot propped up on chair (or similar object), toes pointed toward ceiling
- Relax your knee and leg, allowing gravity to assist your knee to straighten out
- Hold as instructed

**Reps:** 10 **Sessions:** 3 Everyday **Hold Time:** 5s