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Knee Extension Stretch- Propped

While seated, prop your foot up on another chair, pillow, or your other foot, and allow gravity to stretch your knee towards a more straightened position.

Hold 30 seconds Repeat at least 5 times a day



Supine Heel Slides

Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee. Hold a gentle stretch in this position and then return to original position.

Can also be performed in a seated position, as pictured below.

Hold 30 seconds Repeat at least 5 times a day

