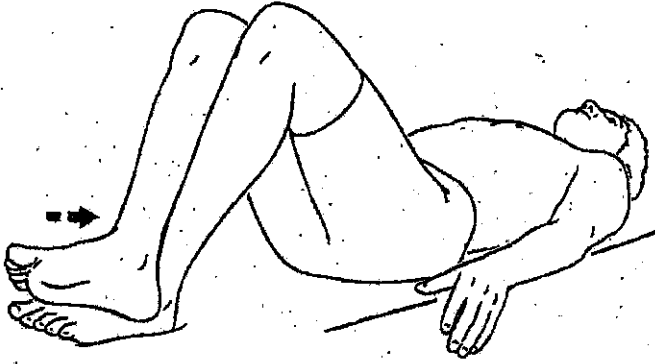


-need more range of motion? Try these

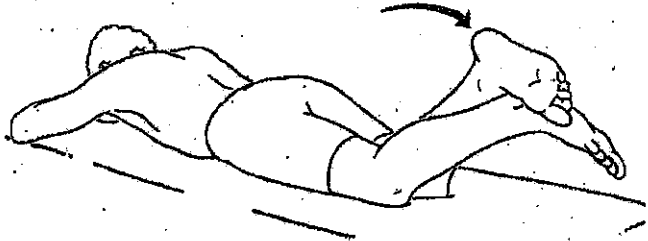
Knee Stage 1

Knee Self-Assisted ROM

assisted heel slide

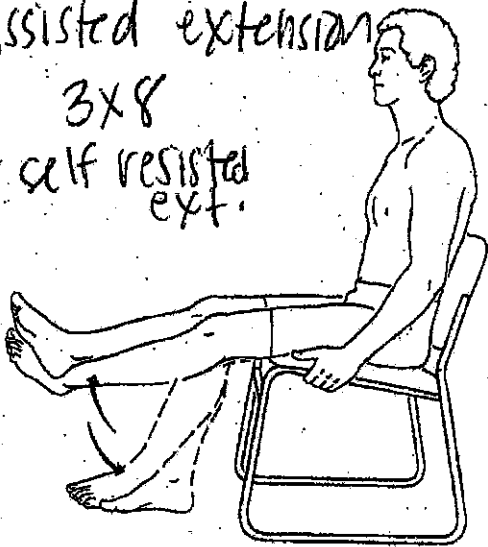


assisted extension

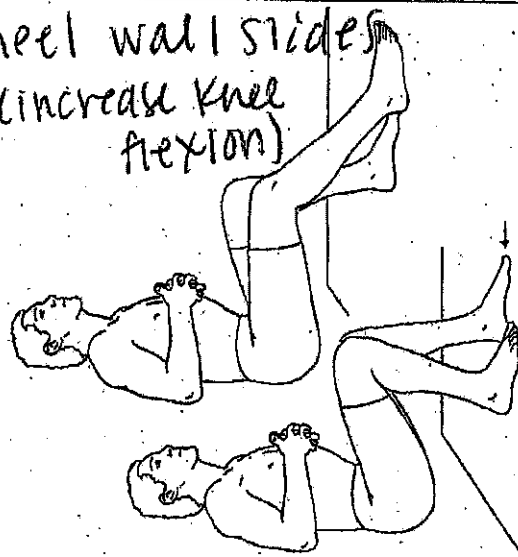


assisted extension

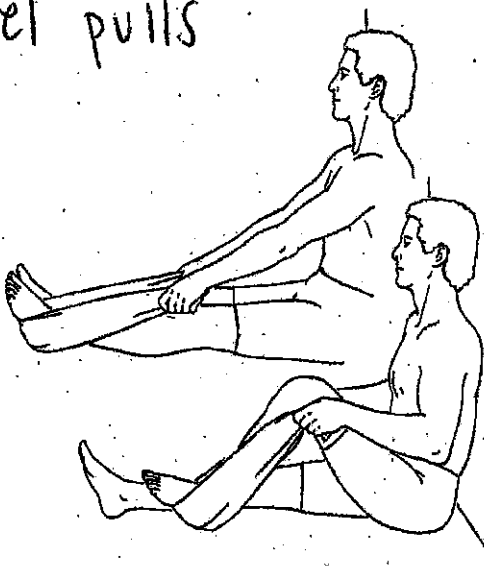
3x8
or self resisted
ext.



heel wall slides
(increase knee
flexion)



towel pulls



knee flexion / low back
stretch

