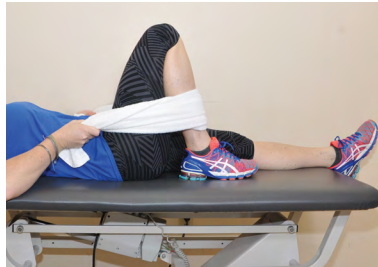


## FLEXION EXERCISES



### Leg Pulls\*

- Pull one knee to your chest. Hold for 30 to 60 seconds. Return to the starting position. Repeat 2 times. Switch legs. For a double leg pull, pull both legs to your chest at the same time.
- **Hold this position for 30 seconds. Repeat 2 to 3**



### Towel Pulls\*

- Sit on the floor with your legs out and feet flexed forward. Place a towel around the heel of your injured leg.
- Pull the towel toward you, sliding your heel toward your buttocks. Keep the heel in contact with the floor.
- When you feel a stretch (tightness) in the knee, hold the position for 10 seconds.



### Wall Slides

- Lie on your back on the floor with a bare wall in front of you.
- Place the foot of the affected leg on the wall, keeping your sock on. Stack the other leg on top of the affected leg at the ankle.
- Gently slide the affected foot flat on the wall in a downward direction, with overpressure from the other leg to assist in increasing knee flexion. When you can't go any further, hold for 30 seconds.
- **Repeat 2 to 3 times. Do about 4 to 6 sessions per day.**

**All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.**