









STRETCH EXERCISES

	Picture	Description
A		<p>In sitting, bring knee up towards chest</p> <p>Hold lower leg just below the knee</p> <p>Try and bend your knee further by gently pulling your lower leg towards you</p> <p>Hold for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
B		<p>Sit on a chair</p> <p>Bend your knee under the chair as far as you can, keeping the foot on the ground.</p> <p>Hold for _____ seconds</p> <p>Return to the starting position</p>
C		<p>Sit on a chair</p> <p>Bend your knee under the chair as far as you can, keeping the foot on the ground.</p> <p>Place your opposite lower leg in front of your shin and push your knee back even further with your unaffected/opposite leg</p> <p>Hold for _____ seconds</p> <p>Return to the starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>



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D		<p>Sitting on a chair</p> <p>Bend your knee under the chair</p> <p>Keeping the foot on the ground, shuffle forward in the chair to increase the bend in that knee</p> <p>Hold for _____ seconds</p> <p>Return to the starting position</p>
E		<p>Place your knee on a chair. Place a rolled towel behind the knee</p> <p>Gently bend your knee by sitting back onto your heel</p> <p>Hold this position for _____ seconds</p> <p>Return to starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
F		<p>Sit with your back supported against a wall. Bend your knee</p> <p>Hook a towel around your foot.</p> <p>Bend your knee as far as possible Gently pulling on the towel try and bend your knee even further, bringing your heel towards your buttock</p> <p>Hold for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>


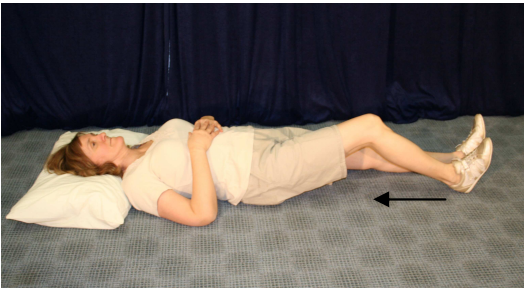



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	Picture	Description
G		<p>Sit on the floor with your knee bent. Hook a towel around your lower leg</p> <p>Lower down onto your back</p> <p>Increase the bend in your knee by pulling gently on the band</p> <p>Hold this position for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
H		<p>Lie on your side Bend your uppermost leg and place towel/cushion underneath that knee</p> <p>Take hold of ankle</p> <p>Increase the bend in your uppermost leg by gently drawing your heel towards your buttock</p> <p>Hold this position for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

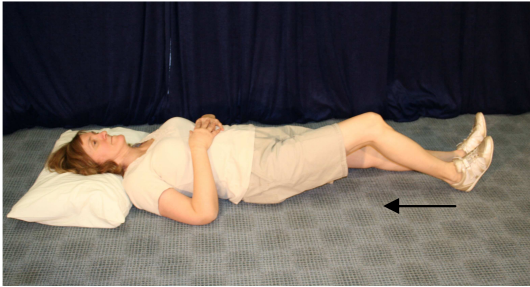

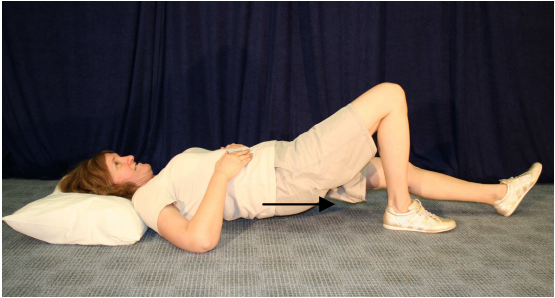
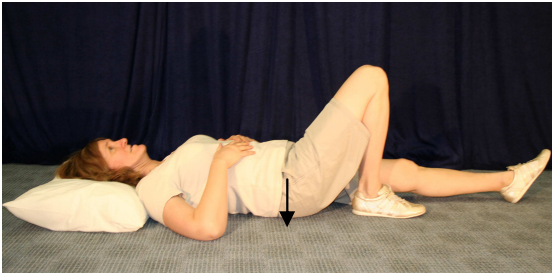
STRETCH EXERCISES

	Picture and Description	
I	 <p>Sit with your back supported against a wall. Slowly bend your knee as much as possible, bringing your heel towards your buttock</p> <p>Hold for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>	
J	 <p>Sit with your back supported against a wall. Bend your knee</p> <p>Grasp your lower leg around the shin and try and bend your knee as much as possible, bringing your heel towards your buttock</p> <p>Hold for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>	



STRETCH EXERCISES

	Picture and Description	
K		<p>Start in lying position on the floor</p>
		<p>Slowly bend your knee bringing your heel towards your buttock.</p>
		<p>Keep the heel of the foot resting on the floor as you bend your knee</p> <p>Hold your knee in a fully bent position for seconds</p> <p>Return your leg to the starting position again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
L		<p>To try and bend your knee even further, lift onto the ball of your foot and continue to slide your foot towards your buttock.</p>
		<p>At the limit of the stretch place your foot flat on the ground again.</p> <p>Hold this position of stretch for seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>


STRETCH EXERCISES

	Picture and Description	
M		<p>Start in lying position on the floor</p> <p>Slowly bend your knee bringing your heel towards your buttock.</p> <p>Keep the heel of the foot resting on the floor as you bend your knee</p>
		<p>To try and bend your knee even further, lift your bottom off the floor and shuffle your bottom and upper body towards your foot.</p>
		<p>Lower your bottom to the ground again</p>
		<p>Hold your knee in a this bent position for seconds</p> <p>Straighten out your leg again to return it to the starting position</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

STRETCH EXERCISES

	Picture	Description
N		<p>Sit with your back supported against a wall.</p> <p>Slowly bend your knee as much as possible, bringing your heel towards your buttock</p> <p>A partner can add a further stretch to your knee by holding the lower leg and gently pushing it</p> <p>Your partner holds the position of stretch for seconds</p> <p>Gently straighten the leg again</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
O		<p>Lie on your side</p> <p>Bend your uppermost leg</p> <p>A partner can support this leg on their thigh and add a further stretch by gently pushing on your lower leg.</p> <p>Hold this position for _____ seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>

STRETCH EXERCISES

P		<p>Start in lying position on the floor</p> <p>Slowly bend your knee bringing your heel towards your buttock.</p> <p>A partner can add a further stretch to your knee by holding the lower leg and gently pushing it</p> <p>Hold this position of stretch for seconds</p> <p>Repeat <input type="text"/> <input type="text"/> <input type="text"/> times</p>
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