

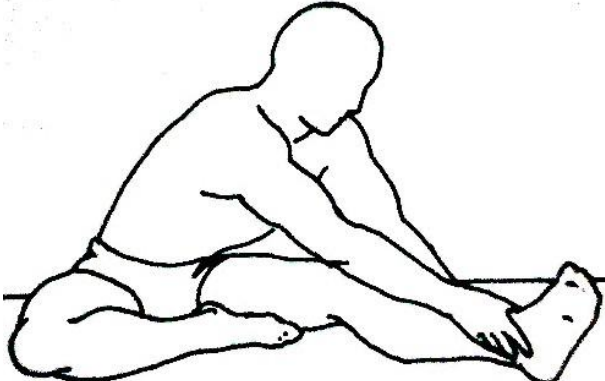
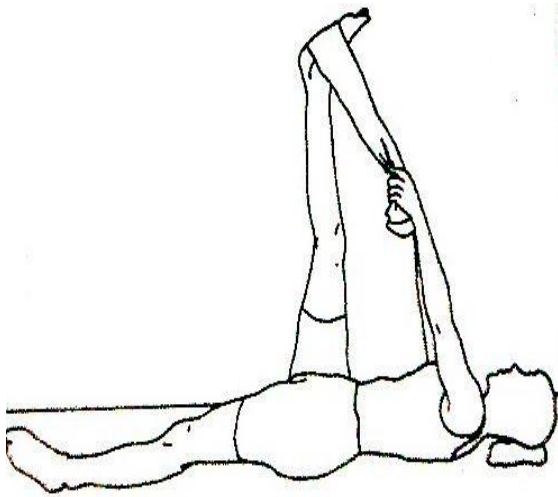
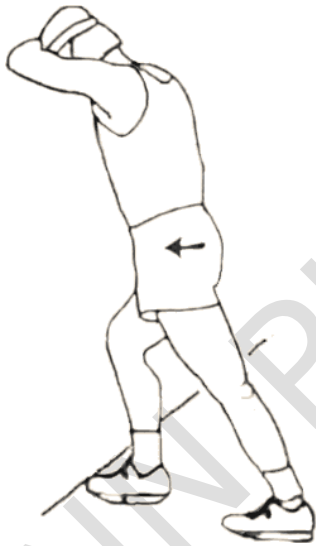


Knee Stretching exercises	Descriptions
	<p>Lie on side. Rest head on pillow or hand. Bend knee that is on top. Grab heel of that leg. Gently pull that leg until front of thigh stretches. Hold position. Reverse position and repeat</p>
	<p>Stand a little a way from wall and place left hand on wall for support. Standing straight, grasp top of left foot with right hand. Pull heel toward buttock. hold 10 to 20 sec. Repeat on other side</p>
	<p>Sit on the floor with one leg straight in front of you while you bend the other leg inside as shown in the picture. Keep the extended leg straight while pushing down on the floor with your bent leg. Slowly lower your upper torso down and try to touch the extended leg's knee with your head. Over time hamstring flexibility will be greatly improved making it easy to touch the knee with your head if you are struggling at the moment to get even close to touching your knee with your head</p>



Lie on your back and keep your legs straight. Take a longer towel and put it around the instep of one foot. Extend the leg upward and pull it towards yourself holding each repetition for 5-8 seconds.

Keep your legs as straight as you can. Do 3 sets of 5 repetitions for each leg.



Stand a little way from wall and lean on it with forearms, head resting on hands. Place right foot in front of you, leg bent, left leg straight behind you. Slowly move hips forward until you feel stretch in calf of left leg. Keep left heel flat and toes pointed straight ahead. Hold easy stretch 10 to 20 seconds. Do not bounce. Repeat on other side. Do not hold breath