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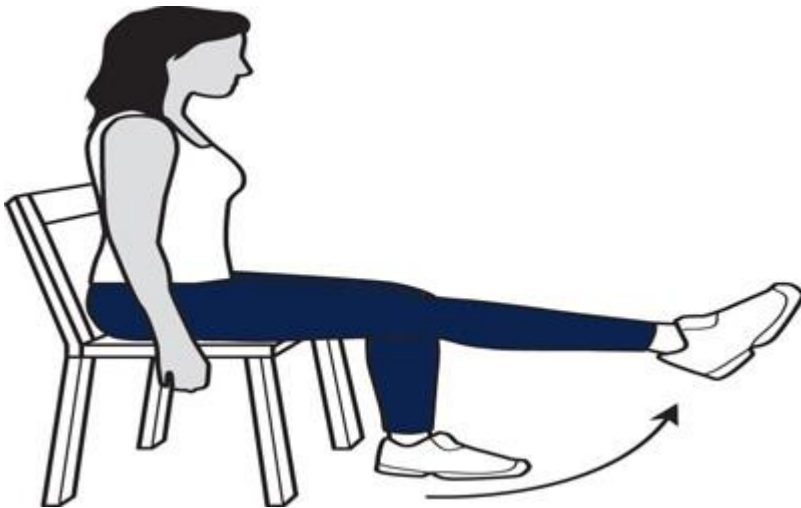
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KNEE PHYSIOTHERAPY

LEG EXTENSIONS

- Sit up straight on a seat or seat.
- Fix your thigh muscles and gradually fix and raise your influenced leg as high as could be expected under the circumstances.
- Crush your thigh muscles and hold this situation for 5 seconds. Unwind and convey your foot to the floor. Repeat.

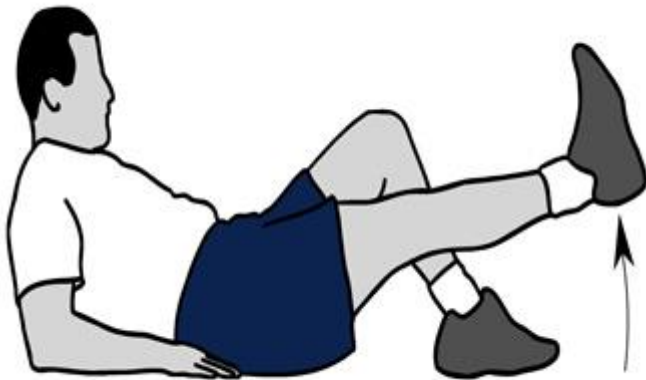
Tip: Do not swing your leg or use forceful momentum to lift it higher.



STRAIGHT-LEG RAISES

- Lie on the floor, with your elbows under your shoulders to help your chest area.
- Keep your influenced leg straight and curve your other leg with the goal that your foot is level on the floor.
- Fix the thigh muscle of your influenced leg, and gradually raise it around 10 crawls over the floor.
- Hold this situation for 5 seconds and afterward unwind and bring.

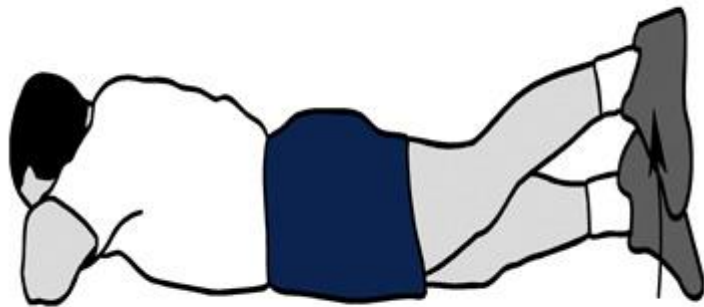
Tip: Do not tense up in your neck and shoulders.



STRAIGHT-LEG RAISES (PRONE)

- Lie on the floor on your stomach with your legs straight. Lay your head on your arms.
- Fix your gluteus and hamstring muscles of the influenced leg and raise the leg toward the roof as high as possible.
- Hold this situation for 5 seconds.
- Lower your leg and rest it for 2 seconds. Repeat.

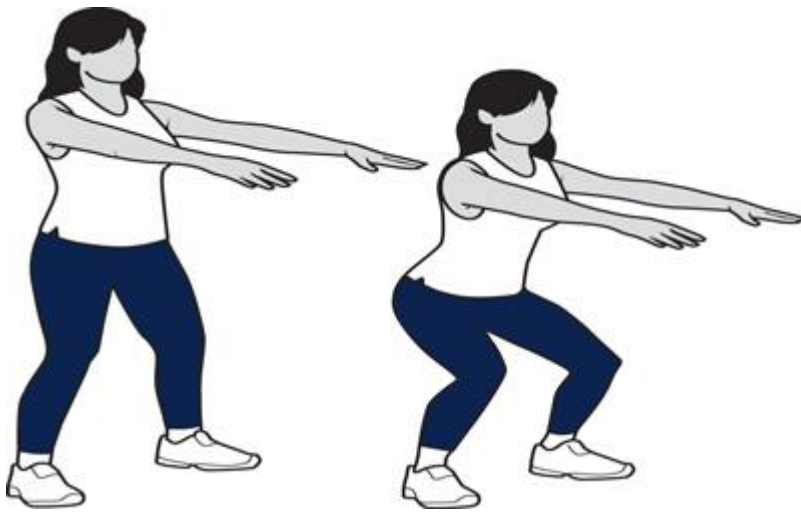
Tip: Keep your pelvic bones on the floor.



HALF SQUATS

- Remain with your feet, bear remove separated. Your hands can lay on the facade of your thighs or reach before you. If necessary, clutch the back of a seat or divider for equalization.
- Lift your chest, and step by step bring down your hips around 10 inches, such as taking a seat into a seat.
- Put your weight in your heels. Hold the squat for 5 seconds.
- Pushing through your heels, convey your body back up to standing.

Tip: Do not bend forward at your waist.



HAMSTRING CURLS

- Hold the back of a seat or a divider for parity.
- Bend your influenced knee and raise your heel toward the roof beyond what many would consider possible without agony.
- Hold this situation for 5 seconds and afterward unwind. Repeat.

Tip: Flex your foot and keep your knees close toge



HIP ABDUCTION

- Lie on your side with your harmed leg on top and the base leg twisted to help.
- Rectify your top leg and gradually raise it to 45 degrees, keeping your knee straight, however not bolted.
- Hold this situation for 5 seconds.
- Slowly lower your leg and loosen up it for 2 seconds. Repeat.

Tip: Do not rotate your leg in an effort to raise it higher.



HIP ADDUCTION

- Rests on the floor in favor of your harmed leg with the two legs straight.
- Cross the healthy leg before the harmed leg.
- Raise the harmed leg around 8 crawls off the floor.
- Hold this situation for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.

Tip: Place your hand on the floor in front of your stomach for support.

