
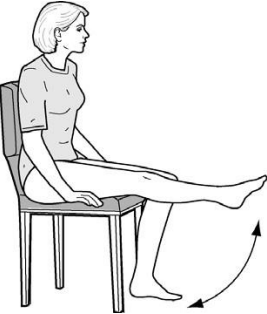


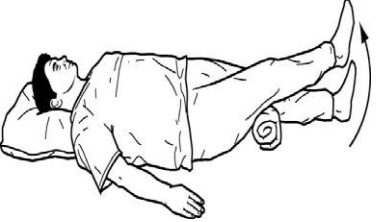


Knee Rom exercises	Descriptions
<p data-bbox="183 212 435 243">Flexion / Extension</p>     <p data-bbox="183 1629 402 1661">Short Arc Quads</p> 	<p data-bbox="768 212 1417 390">Lie on your stomach with your legs straight. Cross your arms in front of your face and rest your chin. Bend your knee to bring your heel toward your buttocks as far as you can. Hold. Straighten your knee and relax.</p> <p data-bbox="768 642 1425 751">Straighten your right leg as you breathe out. Return your leg to the starting position as you breathe in. Repeat with your left leg.</p> <p data-bbox="768 993 1425 1136">Stand with your hands on a table or sturdy chair for support. Bend your knee up as far as you can. Hold. Lower your foot to the floor and relax, then repeat.</p> <p data-bbox="768 1318 1448 1388">Put a towel roll under your ankle and push your knee down into the bed.</p> <p data-bbox="768 1713 1401 1787">Place a large can or rolled towel under your knee. Straighten your knee and leg.</p>