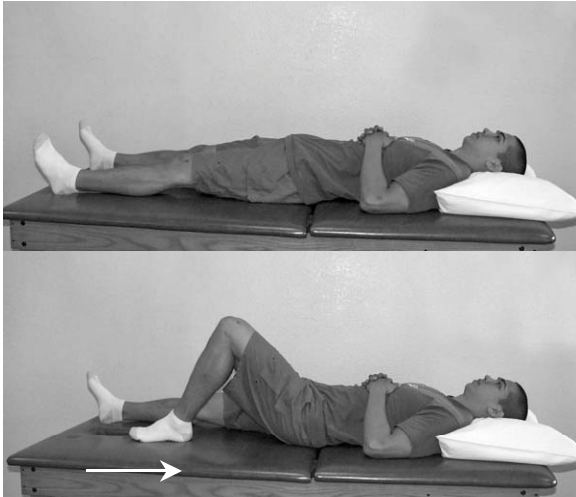


- Perform Routine _____ times a day.
- Stop any exercise that increases your pain and consult your physical therapist

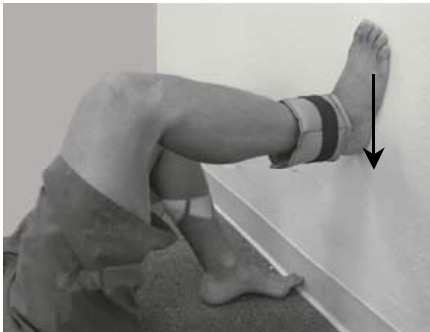
θ Heel Slides



- Sitting or lying down, slide heel back and forth along table/bed/floor
- **PURPOSE:** Increase flexibility of knee and activate hamstring muscles

Do _____ sets of _____ repetitions

θ Wall Heel Slides



θ Seated Heel Slides



- **Wall Heel Slides**, lie down, put weight on injured ankle, and let it passively slide down the wall
- **Seated Heel Slides** push injured foot backwards with uninjured foot
- **PURPOSE:** to increase knee flexion range of motion

Hold _____ seconds _____ repetitions

θ Prone Hangs



- the kneecap should be just off the edge of the table/bed
- relax and let weight straighten out knee
- **PURPOSE:** increase knee extension range of motion

Hold _____ seconds _____ repetitions