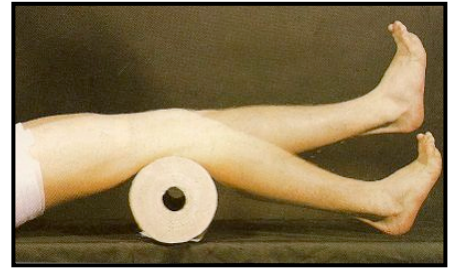
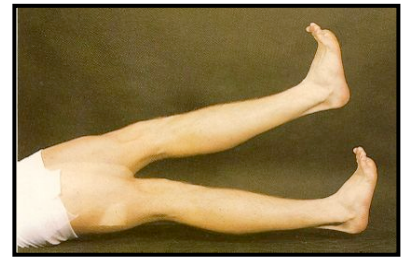


## The Knee

1. Lie on a flat, firm surface. Put a roll of paper towel under your injured knee. Flex your thigh muscle, bend up your foot and lift your heel from the surface. All the time your knee should be in contact with the roll. Hold your leg in a straightened position for 6 seconds. Rest for 5 seconds. Start with 1 set of 6 (holding each for 6 seconds). Work up to 3 sets of 6.



2. Lie down on your back with legs straight. Bend the foot of the injured leg up, flex your thigh muscle and lift your leg with the knee straight. Hold the position for 6 seconds. Rest for 5 seconds. Start with 1 set of 6 (holding each for 6 seconds). Work up to 3 sets of 6.



3. Sit on a table with your thighs supported. Straighten your injured knee without locking knee. Hold for 2 seconds bend knee. Start with 1 set of 10. Work up to 3 sets of 10. Intensify the exercise by fastening an ankle weight around your ankle.



4. Stand with your back against a wall. Bend your knees so that your back slides slowly down the wall. Hold the position, knees bent until you feel the burn. Gradually increase the time for holding the position.

