

Heel Slides



This exercise is for an injured right knee. Switch sides if the injury is to your left knee.

1. Sit on the floor with your legs straight in front of you.
2. Slide your right heel along the floor toward you, bending your knee and keeping your foot flexed.
3. Move it as close to you as you comfortably can. Hold for 5 to 10 seconds. Then slide your heel back.
4. Repeat 5 times.



Tip: If you're sitting on carpet, put a plastic bag under your heel to make it slide more easily. If you're sitting on a hard floor, put a small towel under your heel.

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