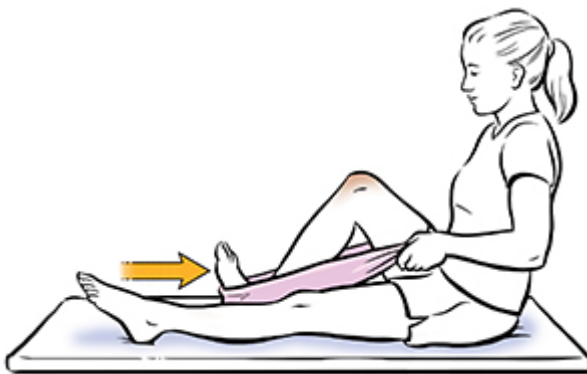


## Leg Muscle Stretches: Knee Flexion



Your physical therapist may suggest this flexibility exercise. Repeat as many times as instructed. Stop the exercise if it causes pain, and talk about it with your physical therapist or healthcare provider:

- Sit with your legs extended, foot flexed. Place a towel around one heel. Hold one end of the towel in each hand. You can also perform this exercise lying down on your back.
- Pull the towel toward you, sliding your heel toward your buttocks. Keep your heel in contact with the mat. Be sure the pull is gentle. Don't bounce. Continue breathing.
- You should feel a stretch across the front of your knee. Hold for 10 to 15 seconds. Then slowly slide your foot back out.



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