

Knee stretches

Seated

1. Knee flexion (seated) slide butt forward on seat pan. Pressure on/pressure off



2. Knee extension on stool or floor - straight (with pressure on/pressure off), externally rotated (with pressure on/pressure off), or internally rotated (with pressure on/pressure off).



3. Mobilization with a massage gun for hamstring and calf.



Above and Below Stretches

4. Couch stretch – quadriceps



5. On stomach with strap or belt for quadriceps



6. With strap or belt- hamstring



7. Supine, hold thigh and extend knee.



8. Calf stretches with strap. One bend knee and one knee straight



9. Calf - wall stretch, bent and straight

