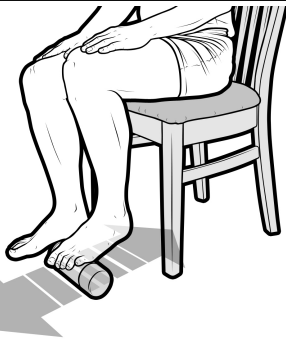


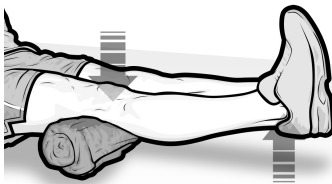
'GET MOVING' - KNEE EXERCISES

**HAMSTRING STRETCH**

With your knee straight and your heel on the floor in front of you, tilt your pelvis forwards. Keeping your back straight, lean forwards until you feel a stretch in your hamstring. Hold. This can also be completed in sitting

SETS & REPS: 30 sec hold**FREQUENCY:** 2-3 x day**ASSISTED KNEE FLEXION**

Sit on a chair with your foot on a cylindrical object (e.g. can of fly-spray / rolling pin etc). Gently roll your foot backwards and forwards to bend the knee as far as possible. Hold in your knee bend for 5-10 seconds before repeating

SETS & REPS: 3-5 times**FREQUENCY:** 2-3 x day**INNER RANGE LEG EXTENSION**

With your leg slightly bent over a rolled-up towel, lift your heel up and straighten your knee. Hold this position for 2-3 seconds. Relax and repeat.

SETS & REPS: 4-6 times**FREQUENCY:** 1-2 x day**WALKING**

Build up to walking 20 minutes per day

SETS & REPS: 20 mins**FREQUENCY:** Daily