

Simple Exercises

Stretching to enable smooth knee motions

○ Stretching to enable smooth foot joint motions

- ① Sit with the legs stretched forward to an extent not causing knee pain.
- ② Stretch the ankle far from the body and hold for 5 seconds.
- ③ Bend the ankle closer to the body and hold for 5 seconds.
- ④ Repeat steps ② and ③ for 20 sessions.

