

Simple Exercises

Stretching to enable smooth knee motions

- **Stretching to enable smooth motions of knee-bending muscles**
 - ① Sit with legs dilated (one leg bent and the other leg stretched).
 - ② Bend the trunk towards the stretched leg, with dorsal muscles kept stretched, and hold for 10 seconds.
 - ③ Repeat step (2) for 5-10 sessions. Switch to the opposite leg and repeat the same step.

