

## Simple Exercises

### Stretching to enable smooth knee motions

#### ● Stretching of Achilles tendon and calf

- ① Stand along the wall or a hand rail, with legs separated in the anteroposterior direction.
- ② Slightly bend the knee of one leg (the posterior leg) and slowly descend the lumbar region while keeping the heel in contact with the floor. Hold for 10 seconds (remaining aware of the stretched Achilles tendon).
- ③ Incline the trunk forward as if thrusting the chest, keeping the top of the head in line with the heel, along a straight line. Hold for 10 seconds (remaining aware of the stretched calf).
- ④ Repeat steps ② and ③ for 5-10 sessions. Switch the anterior and posterior legs and repeat the aforementioned steps for the opposite leg.

