

Simple Exercises

Stretching to enable smooth knee motions

● Stretching of knee muscles

- ① Lie on your back, holding the back of one thigh with both hands.
- ② Pull the held leg slightly towards the chest to an extent not causing pain. Hold for 5 seconds.
- ③ Repeat step ② for 5-10 sessions. Switch to the opposite leg and repeat the same step.

