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"treating the cause of your problem, not just the symptoms"

Knee Stretches



1) Lie on your right side, with your right knee bent at about seventy degrees --this will help you to keep your balance. Bend your left knee behind you and hold your left foot with your left hand. Then press your left hip forward, like doing a pelvic tilt, as you pull your left heel into your left buttock. Hold for ten seconds and repeat four times on each side.



2) Stand on the first step of a flight of stairs or a block of wood. Put your hand on the wall. Put the "ball" of your right foot just on the edge of the step. Slowly lower your right heel towards the floor until you feel a stretch in the back of your lower leg. DO NOT bounce! Hold for ten seconds and repeat four times per side.



3) Lie on your back and bend the left knee to ninety degrees and plant the foot on the floor. This will stabilize your lower back. Lift the right leg up into the air, while the right knee is slightly bent. While holding the right knee with both hands, try to straighten it out until you feel a tightening sensation at the back of the leg. If it won't go all the way, that's ok. If you want to make it more difficult, point our toes back towards your face. Hold the stretch for ten seconds and repeat four times per side.