

Exercises for Knee Stretching Scan QR codes for videos

Calf stretch





https://tinyurl.com/h4cb7ftc



Hamstring stretch (seated)



Quads stretch





https://tinyurl.com/3z4yhx3d



https://tinyurl.com/4pa9neav



https://tinyurl.com/ycknv897

This is brought to you by the Department of Rehabilitation

Hamstring stretch (lying)