Knee Stretching Guide for Mobility and Pain Relief

Simple daily stretches to help you feel better and move easier

HALF KNEEL HIP FLEXOR AND HAMSTRING STRETCH COMBO

Start in a deep lunge position while stretching your hip flexor and hold. Next, shift your body weight back and reach your arms forward as you straighten your front leg until a stretch is felt in your hamstrings.

Hold, return to starting position and repeat.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day

HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

- Perform: 10 Repetitions
- Hold: 5 Seconds
- Complete: 2 Sets
- Frequency: 2 X / Day

ILIOTIBIAL BAND STRETCH WITH MULTI-LOOP STRAP - ITB

Place a strap around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

- Perform: 3 Repetitions
- Hold: 15 Seconds
- Complete: 1 Set
- Frequency: 2 X / Day