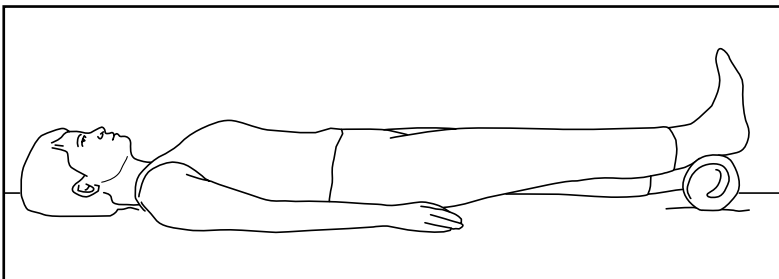


# Heel Prop (Stretches Behind the Knee)

## General Information

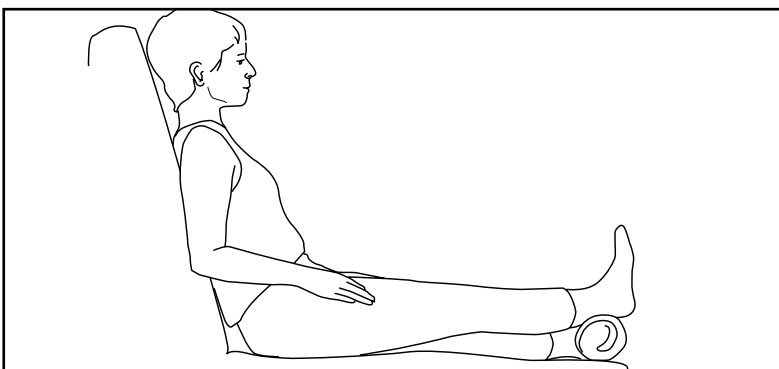
- Get a small towel and roll it up.
  - Get into bed or a recliner.
  - Put the rolled towel under your heel so the back of your knee and your leg do not touch the bed or recliner.
  - Stay in this position and try to let your knee relax.
  - You should feel a pull behind your knee. You should not feel severe pain.
- Allow the weight of your leg to do the stretches. Do not force any part of the exercise.
  - Try not to tighten your muscles or the stretch won't work as well. Stay relaxed.
  - Gradually increase your stretch time as you can tolerate.

Talk with your therapist if you are having problems with the stretch.



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The position of the exercise in bed.



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The position of the exercise in a recliner.

- Do \_\_\_\_\_ times each day.
- Do \_\_\_\_\_ repetitions for your left / right leg.
- Hold stretch for \_\_\_\_\_ seconds.

■ Therapist: \_\_\_\_\_

■ Date: \_\_\_\_\_