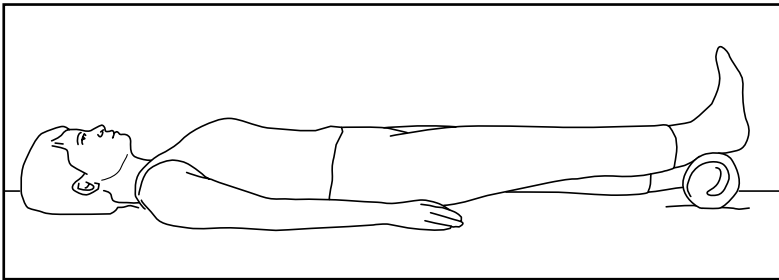


Heel Prop (Stretches Behind the Knee)

General Information

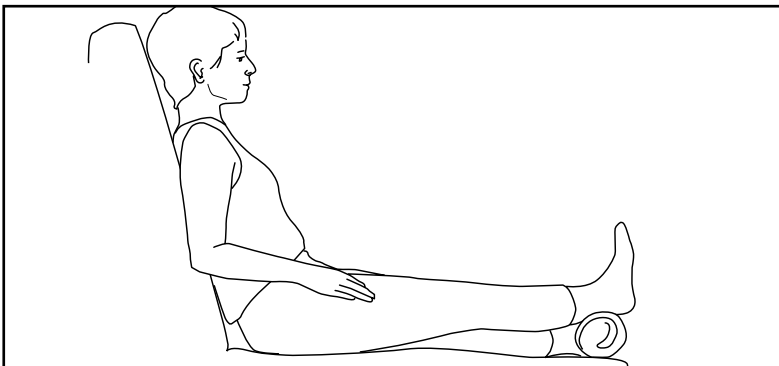
- Get a small towel and roll it up.
- Get into bed or a recliner.
- Put the rolled towel under your heel so the back of your knee and your leg do not touch the bed or recliner.
- Stay in this position and try to let your knee relax.
- You should feel a pull behind your knee. You should not feel severe 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: _____