

Femoral nerve slider

Lie on your front with your forehead resting on your hands (Fig A).

Bend your knee while looking up to the ceiling (Fig B) return to the start position.

Perform this action slowly.



You should not feel pain at any point.

Repeat as advised by your physiotherapist.



For a video demonstration of this exercise please press '**Ctrl**' and click **HERE**

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.