

Knee flexion with resistance band



We recommend the use of safety goggles when using resistance band.

In sitting, attach resistance band to a secure anchor point and wrap around the ankle of the leg that is to be exercised (Figs A and B).



Fig A.

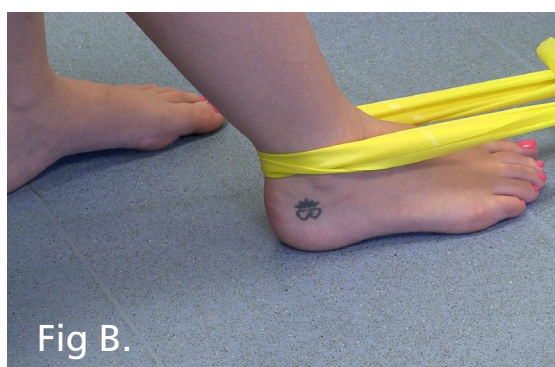


Fig B.

Slowly and with control bend the knee (Fig C).

You will feel the hamstrings at the back of the thigh working.

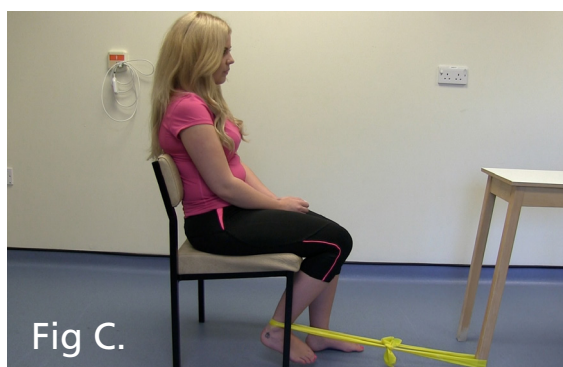


Fig C.

Repeat and progress the resistance band as directed 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.