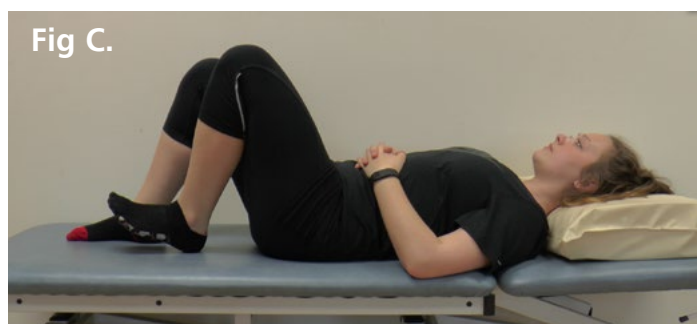
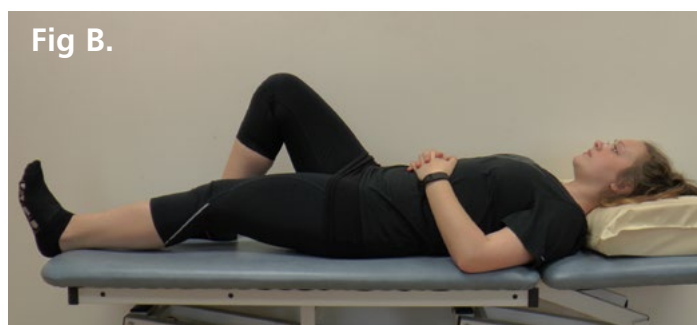
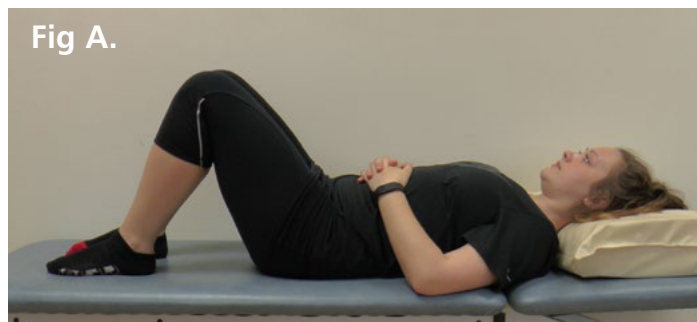


Active Knee Flexion (Sliding Board)



Lie on your back with your knees comfortably bent (Fig A).

Slide the heel of your affected leg away from you (Fig B).

Then using your thigh muscles, pull the foot towards your bottom as far as you can until you feel a stretch in the knee (Fig C).

Repeat as directed by your physiotherapist.

VIDEO LINK

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.



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

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