

Advanced Knee Stretches and Mobilizations

1. Place leg on chair. Twist lower leg toward other leg. Bend knee while performing the twisting motion.



2. Towel under knee with flexion (seated)



3. Towel under knee with flexion with leg on a chair.



4. Knee back on feet. Heels - ankle dorsiflexed.



5. In a chair with a ball under your hamstring, find the tender spots and then floss the hamstring. Bend and straighten your knee.

HAMSTRING



6. Roll the Booyah Stik along your hamstring.



7. Massage Gun *HAMSTRING*



8. Mobilizations:

- a. Softball
- b. Foam Roller



- c. PVC Pipe
- d. Knobby Foam Roller
- e. Tennis ball
- f. Massage Balls



- g. Massage Gun

h. You can lie prone and bend/straighten the knee.

QUADRICEP

9. Massage Gun QUADRICEP



On Floor – Place the ball or the foam roller under calf. Move the calf side to side and flex and straighten the ankle. *CALF*



10. Booyah Stik under the calf. *CALF*



11. Massage gun under calf. *CALF*



12. Sit on your knees with your ankle plantar flexed. You may start with the pillow between your thighs and calf.

