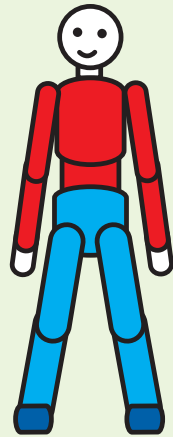


Exercise 24

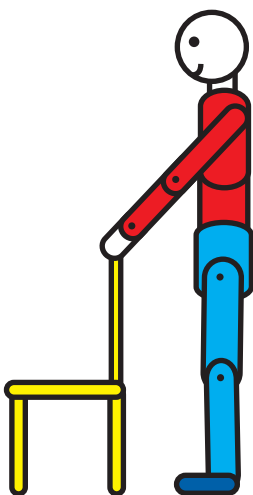
Standing knee bend

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet



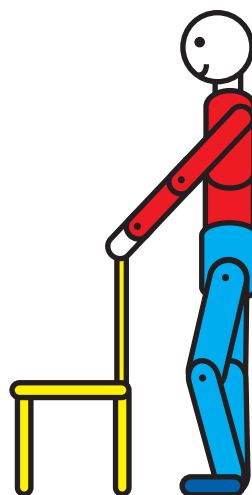
Step one

Let your right knee go, keeping both your heels down on the floor. Straighten slowly, making sure you do not allow the knee to 'snap' back.



Step two

Come back to the starting position and repeat with the left leg. Repeat 3-5 times each leg.



You will notice that this exercise causes the pelvis to tilt from side to side. Watch your waistband on your clothes tipping from side to side; it will act as an indicator of how well you can do this exercise. Do not allow your waist to twist! If you think it is, then face the sink and put your tummy flat against it while you do the exercise or watch yourself in a mirror.

If you have problems/concerns, talk to a physiotherapist.