

CLOSED CHAIN KNEE TERMINAL EXTENSIONS.

These are designed to strengthen the knee muscles while at the same time minimizing the compression of the knee cap.

- ◆ PUT THE AFFECTED FOOT ON A PHONE BOOK THEN STEP UP AND STRAIGHTEN THE KNEE.
- ◆ DO NOT SNAP THE KNEE BACKWARDS, CONTROL THE MOTION THE ENTIRE TIME. REPEAT 100 TIMES PER DAY.



ADD BAND RESISTANCE IF THIS BOX IS CHECKED