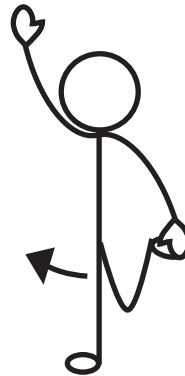


MOBILITY EXERCISES

A5

5. KNEES

- Stand up straight, transfer weight to one foot and bend knee to raise the other foot up **behind** the body.
- Grasp your raised foot with your hand and gently pull your heel towards your buttocks. (*Beware of over compressing the knee joint.*)
- Repeat three times, then change legs.



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MOBILITY EXERCISES

A6

6. ANKLES

- Stand on one leg and raise the knee of the other in front of you.
- Extend and flex the raised foot and turn it from side to side.
- Repeat three times, then change legs.



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