



PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

Exercise Sheet



Knee Press

Rep
Count.....



Prone SLR

Rep
Count.....



Heel Press

Rep
Count.....



VMO Strengthening

Rep
Count.....



Heel press without roll

Rep
Count.....



VMO Strengthening 2

Rep
Count.....



Knee press in knee bending position

Rep
Count.....



Knee straightening

Rep
Count.....



Heel Drag

Rep
Count.....



Prone knee bend (hams curls)

Rep
Count.....



Straight leg raise (SLR)

Rep
Count.....



Hamstring Stretch

Rep
Count.....



Side (SLR)

Rep
Count.....



Piriformis Stretch

Rep
Count.....