










STRETCHING EXERCISES FOR THE BACK OF THE KNEE

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	<p>Sitting on the floor, with one leg bended and the other one completely straightened. Bend your chest to grab the foot of the straightened leg.</p> <p>Bend the foot to increase the tension.</p>
	<p>Sitting on the floor with one leg completely stretched out. Bend the other one inside until the sole of the foot touches the thigh of the stretched out leg. Push your chest forwards without bending your back and grab the foot of the stretched out leg.</p> <p>(To increase the tension, pull the foot towards your chest maintaining the leg completely straightened.</p>
	<p>Sitting on the floor. One leg bended, sitting the foot on the knee of the other leg. The other leg is stretched out. Throw a towel around th foot of the straightened leg.</p> <p>Pull the towel towards your chest, maintaing your leg completely straightened.</p>
	<p>Lying on your back. Lift one leg straight up and throw a towel around the foot. Maintain the leg completely stretched and pull the toes down, stretching the foot.</p>
	<p>Standing up with your forearms against a wall. One leg straightened and the other one leaning forwards. Maintain your head, chest, pelvis and leg stretched in one straight line.</p> <p>Push your arms against the wall and contract the quadriceps of the leg that stands back.</p>
	<p>Standing up, cross one leg behind the other. Hands in your neck.</p> <p>Lower your chest towards the floor, maintaining your legs and your back straightened.</p>
	<p>Sitting on the floor, with both legs stretched out. Put a towel around both feet.</p>

	<p>Pull the towel towards your body.</p>
	<p>Standing up with your forearms against a wall. Both legs straightened with your feet at shoulder height and turned inside.</p> <p>Push your body forwards, bending your arms and contract the quadriceps of the straightened legs.</p>
	<p>Standing up with your legs straightened. Bend your chest and try to touch your feet with your hands.</p> <p>To increase the tension of the stretching, grab your feet with your hands and pull them up.</p>