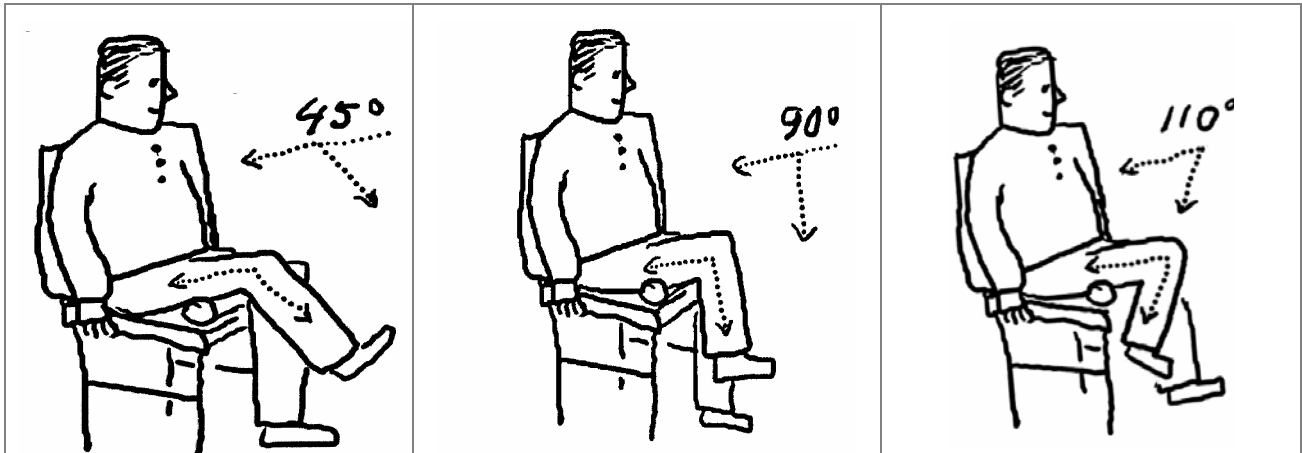
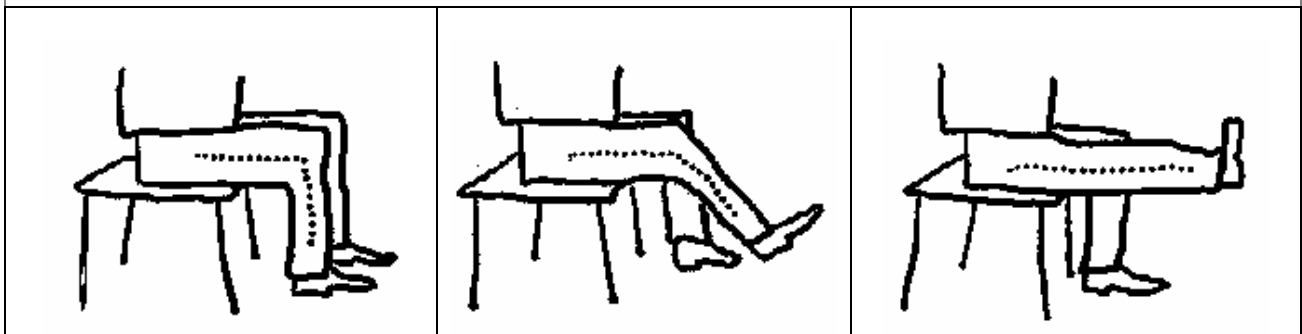


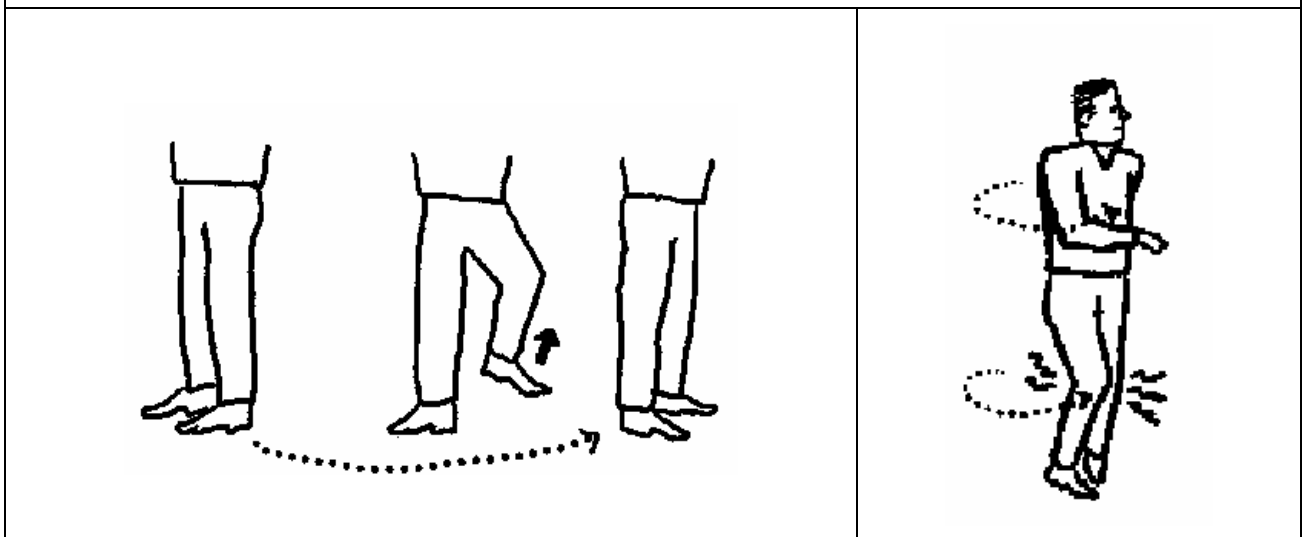
TOTAL KNEE MOBILITY



Bend your knee as much as you can each day.



Practice bending your knee and then straightening it as much as you can.



Lift your foot off the floor as you turn.

Avoid twisting motions.