

**Always consult your doctor or physical therapist before beginning any exercise routine.**

## **KNEE APR (Arthritis Pain Relief) Exercise**

You can progress this stretch by slowly adding the following:

- Grasp the foot at the top surface of the front of the foot
- Grasp the inside/top of the foot
- “Bow your entire body” as you arch your lower back inward
- Slowly lean the upper body forward, rotating on the hip of the straight leg
  
- HOLD FOR 30 SECONDS and perform the exercise 3 times per day.
- DO NOT OVERDO IT! YOU SHOULD ONLY FEEL A MILD DULL STRETCH. NO SUDDEN OR SHARP PAINS
- IF YOU HAVE ANY PAIN, BACK OFF!
- DO NOT advance to the next progression until you are fully comfortable with the previous progression.



You should never begin any exercise program (including any exercises in this publication) until you have been individually evaluated by a physician or a licensed physical therapist.

ALWAYS REMEMBER:

- DON'T “OVERDO” IT. PROGRESS GRADUALLY
- PERFORM ALL EXERCISES SLOWLY.

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