

Knee

1 Vastus Medial Obliquus

exercises to be carried out only under the instruction of your chiropractor



- A** Sitting upright on a chair, extend your right leg straight out.



- B** Rotate the foot 45° to your right.



- C** Bend the knee 15° only. Now straighten leg.

Repeat 50-100 times.

To build up strength you could add weights around your ankle.

battersea
BACK CLINIC
CHIROPRACTOR

T 020 7223 7223

www.batterseabackclinic.com