

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

RJR Lying Down Knee In Stretch

Horse and Thinker Lying Down

Used for pain in standing, walking, standing up from sitting, or lying on your back with legs straight.

Perform 2 times a day and any time the pain increases.
Stay in the position for 90 seconds. Do this to each side.

DO NOT DROP KNEE IN IF YOU HAVE HAD A POSTERIOR HIP REPLACEMENT UNTIL DOCTOR SAYS OK

1. Lie on your back.
2. Slide your foot out to the side as far as you're able.
3. Bend the knee.
4. Drop the knee in toward the opposite knee.



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