

Restriction Release:

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Knee Back Upper [KBU]

For: Knee, hip, ankle, foot pain

2X/day check for tender points. Treat worst points first.

Restriction Indicator (RI):

Leg out flat on bed or couch.

Push on back of knee above crease about 1-2 inches on both sides.

Push toward ceiling.

Find the most sore spot.

Movement Combination:

Push down on lower leg below knee toward bed may need folded towel



on top of calf for your comfort to tolerate the pressure. Alternate position is to try with leg extended foot on floor or stool then push on shin bone.



Sometimes it is better to push down on the thigh above the knee.

Recheck RI in same direction with same amount of pressure. Find position of the knee that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Recheck RI

every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.