

Restriction Release:

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Knee Back Crease [KBC]

For: Knee, hip, ankle, foot pain

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

Restriction Indicator (RI):

1. Leg flat on bed or seated with foot on stool or couch.
2. Back of knee in middle of crease push straight up toward ceiling.



Movement Combination:

Place folded towel or pillow under calf toward ankle.

Push down on thigh (feels like knee is bending backwards). Use padding under your hand as needed-pillow or towel.

May have a partner help-but be gentle. Use only enough pressure to turn off sore spot.



Sometimes pushing down on the shin works best.



Stand with foot on stair or chair and use hand to push thigh or shin down toward ground with knee straight.

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 tender point but stop pressing. Slowly return to neutral and recheck RI.