INSTRUCTIONS:

• Lie on your stomach and prop up on your elbows

• Flex one knee toward the ceiling and also tip your head slightly back

• One you reach the furthest you can go, slowly bring the leg down and also flex your head down

• Repeat this motion without holding, just gently move up and down

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day
Femoral Nerve Tensioners

INSTRUCTIONS:

• Lie on your stomach and prop up on your elbows

• Straighten your legs out and at the same time tip your head back

• Flex one knee up and also tip your head down as far as you can comfortably go

• Slowly bring the leg back down and the head back up

• No holding, just gently move up and down. You may feel a pull/ache and even a few pins and needles or tingles which is fine and expected

• Repeat _____ times

• Repeat _____ sets

• Repeat _____ times per day