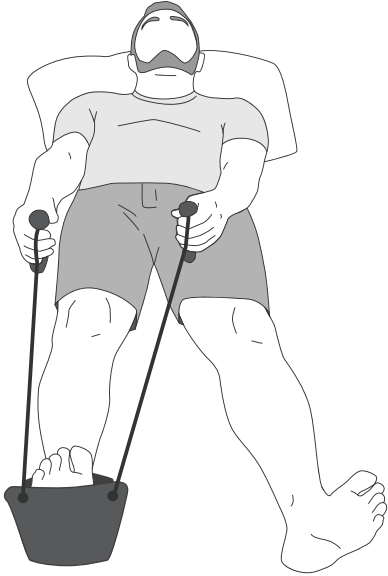


PERFORMING KNEE EXERCISES

HEEL SLIDE – KNEE STRENGTHENING

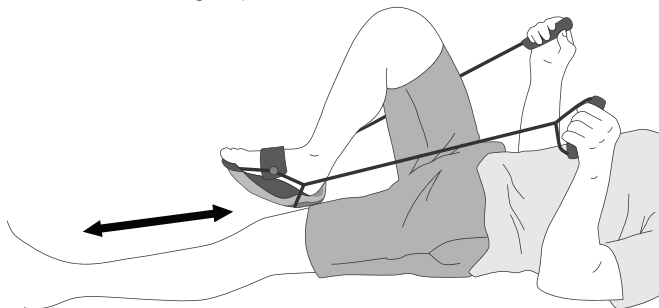


Straighten your leg as best you can whilst gripping both handles.

Slowly slide your heel back towards your buttocks, keeping your heel on the bed. Pull back on the rope to assist this motion.

Continue to slide your knee back until it becomes a little uncomfortable and you start to feel a little pressure inside the knee.

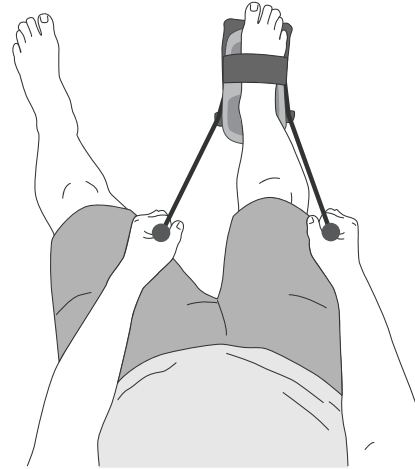
At this point stop and re-extend the leg. Repeat.



The goal is to improve your range of motion a little every day. You can apply resistance strength training by pulling back on the ropes as you extend your leg. Start gently at first.

PERFORMING HIP EXERCISES

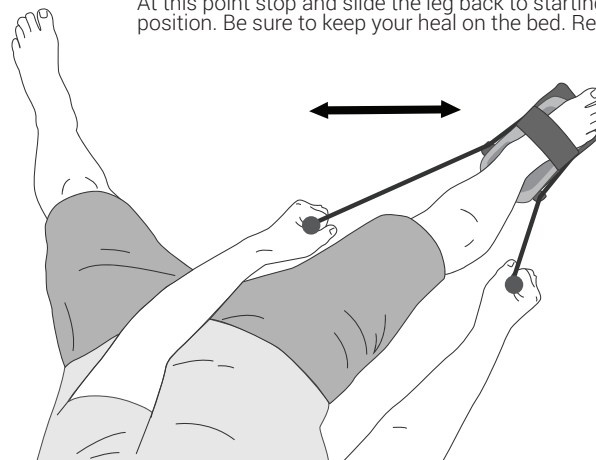
SUPINE HIP ABDUCTION



Start with leg straight and slowly begin to slide the leg outward to the side keeping your heel on the bed. You can assist this motion by pulling on the handles.

Continue to slide your leg out back until it becomes a little uncomfortable and you start to feel a little pressure inside your hip.

At this point stop and slide the leg back to starting position. Be sure to keep your heel on the bed. Repeat.



The goal is to improve your range of motion a little every day. You can apply resistance strength training by pulling back on the ropes as you slide your leg back to the starting position. Start gently at first.



INTRODUCTION

The Rehab Sled is an easy product to use and will help improve range of motion and joint strength.

Used pre and post surgery to help improve ROM and soft tissue strength.

Use for anyone who has weak knee and/or hip joint strength due to injury, disease or surgery.

Note: To be used laying or sitting on a bed or sofa.

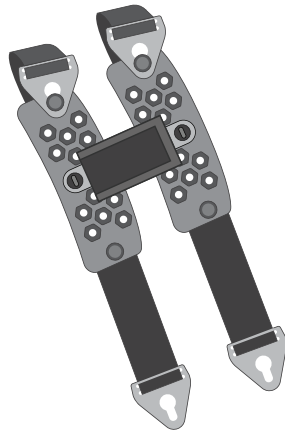
DESCRIPTION

COMPRISED OF 2 PARTS:

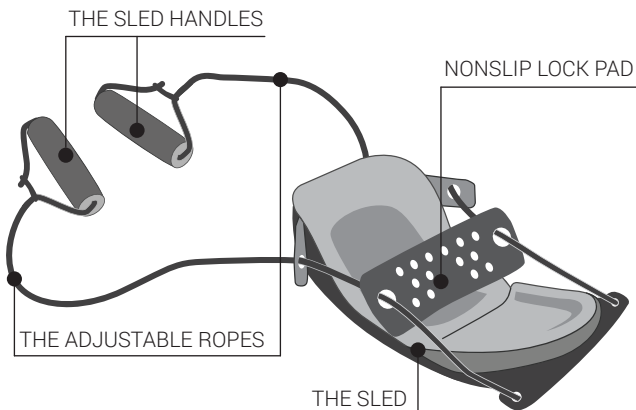
1. THE REHAB SLED



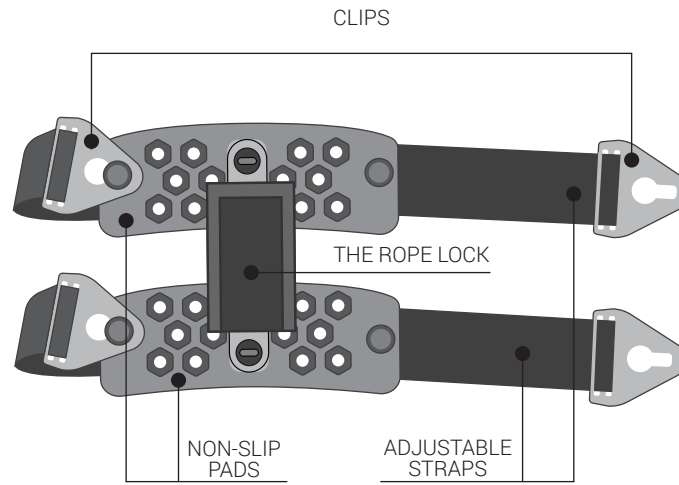
2. THE THIGH ANCHOR



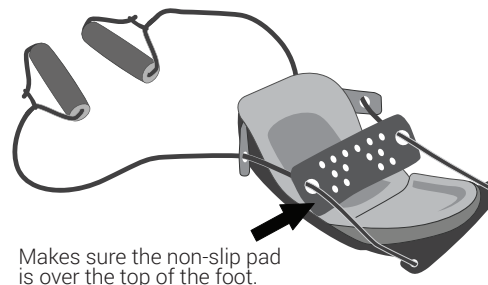
THE REHAB SLED



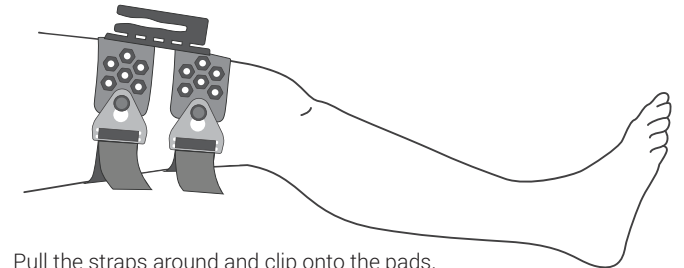
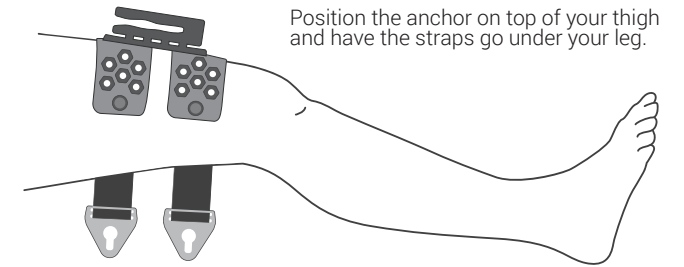
THIGH ANCHOR



FITTING THE REHAB SLED

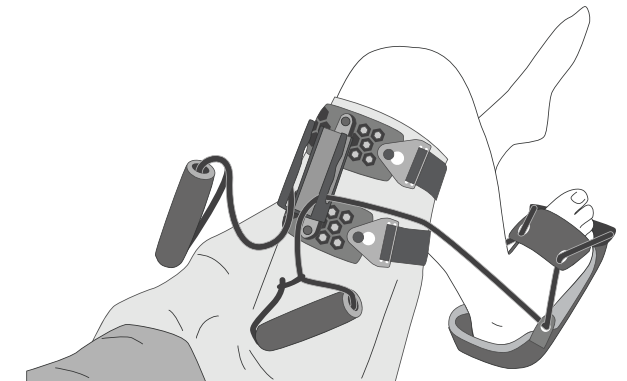


FITTING THE ANCHOR



Pull the straps around and clip onto the pads. Adjust straps for secure fit, but peeling off the hook tabs and tightening, straps can be cut and then the hook tabs can be reapplied if needed.

USING THE ANCHOR



- The Anchor is designed to maximize your therapeutic stretching sessions.
- Pull back on the rope and slide the knee back until it is in the desired position.
- Then the rope in to the rope lock, this will lock your leg into the right position, remove your hands and stay in the position for 5min.
- The slowly unlock the ropes and slide your leg back to full extension. This should be repeated 3 times per session.