

# KNEE

REHAB WORKOUT  
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IN COLLABORATION  
WITH

**NHS** choices



**10** wall half squats



**10** wide single leg squats



**10** cross leg side tilts



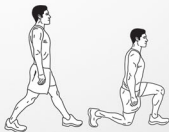
**10** leg raises



**20** raised leg swings



**10-count** hamstring stretch



**10** split squats