

Side to Side Knee Rolls

Starting Position: Lying on your back with the knees bent and arms out to the side, palms facing up.

Action: Gently roll the knees to the left, as you do so, turn your head to the right and turn your right palm down onto the floor. Slowly bring the knees and head back to the centre and repeat on the opposite side.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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