
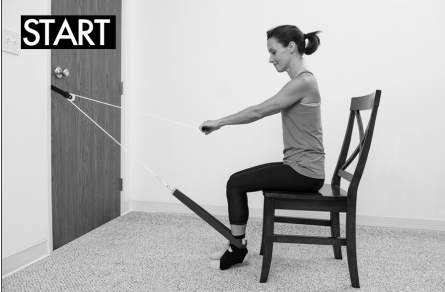

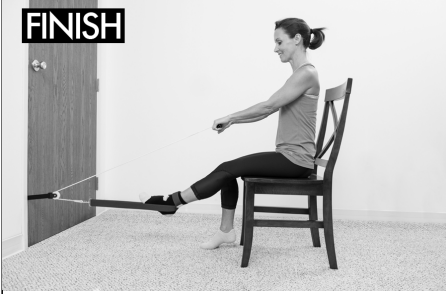
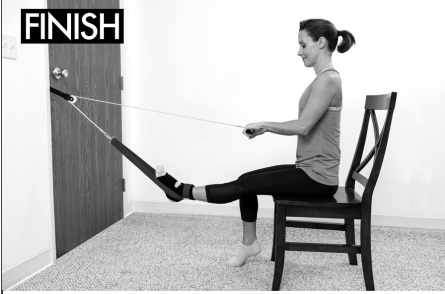



KNEE PULLEY™

Exercise Prescription for _____

DISTRACTION		EXTENSION		FLEXION	
START		START		START	
FINISH		FINISH		FINISH	
<p>_____ repetitions hold for _____ seconds _____ times per day</p>		<p>_____ repetitions hold for _____ seconds _____ times per day</p>		<p>_____ repetitions hold for _____ seconds _____ times per day</p>	

Patient Tracker

Keep track of your exercises on this sheet or online at kneepulley.com.

Date	Time	Distraction	Extension (reps)	Flexion (reps)	Notes

