

Flexion Seat Instructions

PURPOSE: To gain full flexion of the knee to equal the opposite knee



Step #1

Sit against a wall with the flexion seat around your waist. Buckle the belt in the front with the straps pointing towards your ankles.



Step #2

Strap your shoe into the harness with the buckle on the top of your foot.



Step #3

There should be three cords on each side of the ankle once positioned



Step #4

Hook the heel cords to the base of the flexion seat on the _____ metal ring.



Step #5

Push the grey piece towards your thigh in order to increase knee flexion. Secure the device by pushing down on the top plastic ring.



Step #6

To release pull up on the plastic ring and extend the knee.

Perform _____ times / per day for _____ minutes. Tighten the device by pushing down on the gray bar every _____ minute (s).

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist _____ Ext: _____

HOME EXERCISE PROGRAM