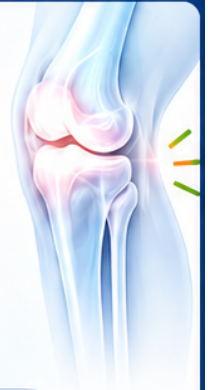




3 ACL-Safe Desk Stretches to Stop Knee Pain



No Equipment • Office-Friendly • Gentle & Joint-Friendly

1 Seated Heel Slides



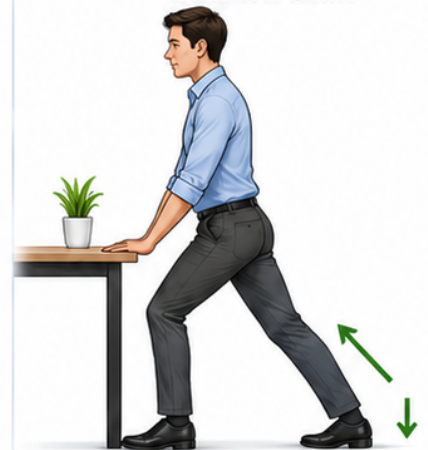
- Sit tall
- Slide foot back until a gentle stretch
- Return slowly
- 10-15 reps

2 Chair-Edge Hamstring Stretch



- Keep back straight
- Toes up
- Lean forward gently
- Hold 20-30 sec x 2-3

3 Desk-Supported Calf Stretch



- Back heel stays down
- Lean into desk
- Feel stretch in calf
- Hold 20-30 sec x 2-3

ACL-Safe Tips

- Pain-free to mild discomfort only
- No twisting or pivoting
- Move slow and controlled
- Stop if swelling or sharp pain increases

Best for mild knee stiffness/discomfort.
Not a substitute for medical evaluation after acute ACL injury.

@proper_care_physiotherapy