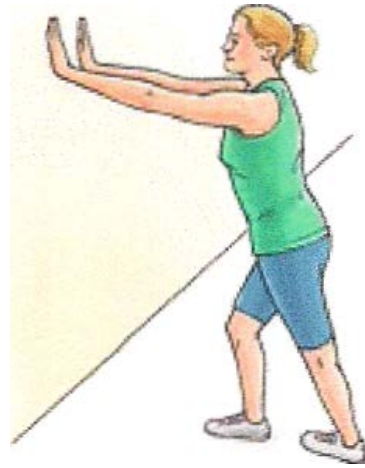


Pes Anserine (Knee) Bursitis Rehabilitation Exercises



Hamstring stretch on wall



Standing calf stretch



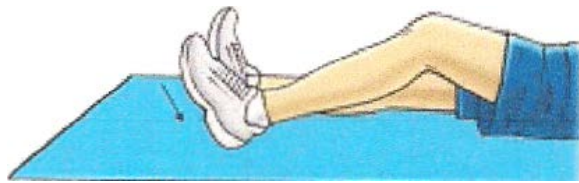
Quadriceps stretch



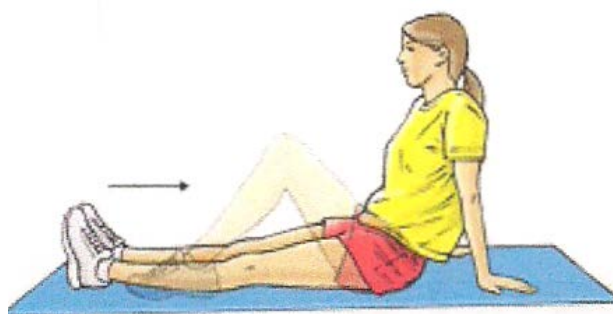
Hip adductor stretch



Modified Quad Lifts



Isometric knee flexion



Heel slide