



## KNEE CYRO INSTRUCTIONS

### Cryo-cuff Sleeve



Cryo-Cuff Sleeve application and filling



Cryo-Cuff Sleeve application (after filling)

### Heel Props



May be done either sitting or laying, place heel of right foot on left toes, or place heel of right foot on container (such as 2 liter bottle).

**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Leg Lifts



While seated flex left knee in towards body, keeping right leg straight, lift right heel off ground about 18" high and no lower than 1" from ground.

**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

### Towel Pulls



While seated or laying down, place towel around ankle and with both hands pull heel towards body.

**Hold for 30 counts, 2 to 3 times at a time; 4 to 6 times per day.**

**All stretches should be done in a comfortable environment and in a relaxed atmosphere. Positions should be held for one minute on each leg and then repeated on the opposite leg.**

Do not attempt these exercises without first being cleared by our physicians.

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