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012701-005 (6-11) Physical Therapy
Stretching exercises These exercises will help maintain range of motion in your knee and flexibility in your

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muscles. Repeat these exercises 3-4 times per day. Front of thigh stretch: Stand next to a wall or

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Participant manuals for each participant are \$2.30 per person. Other materials for participants as needed.

Note: The Aquatic Exercise

Association offers trainings for both the Arthritis Foundation Exercise Program and the Arthritis Foundation Aquatic Program or just the exercise program. Program Requirements: One AF certified instructor per class.

~~Arthritis Foundation Exercise Program~~

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