

# How to Do Heel Slides

Heel slides strengthen the muscles that bend your hip and your knee.

These exercises can also help you improve your range of motion in the knee.

Here's how to do them.

Lie on your back on the floor or a firm bed with one leg straight.

Your other leg should be bent, with your foot flat on the floor.

Slowly bend your straight leg by raising your knee up while sliding your foot toward you on the floor.

Bend your knee as much as you can.

Then slowly slide your foot away from you, lowering your leg back down.

Do this exercise 8 to 12 times on one side.

Then, switch legs and do the exercise 8 to 12 times on the other side.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.