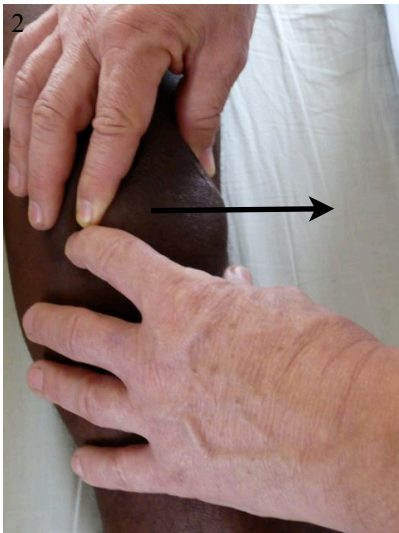




Knee mobilisation



Patella mobilisation medial



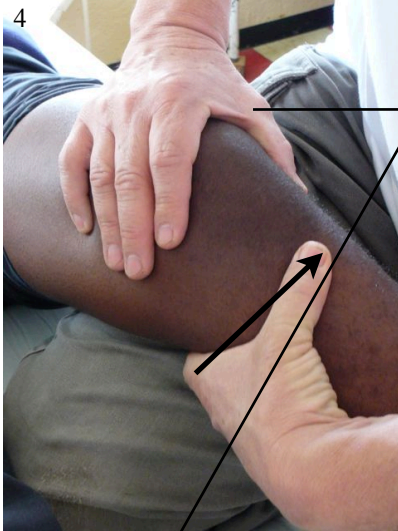
Patella mobilisation lateral



Patella Mobilisation caudal



Knee mobilisation



stabilizing hand

Tibia pa-mobilisation 1



Tibia pa-mobilisation 2



stabilizing hand

Tibia ap-mobilisation

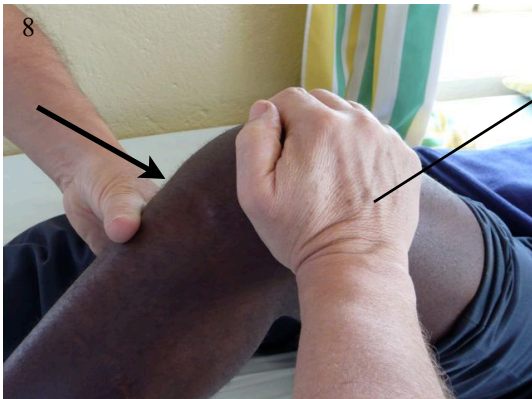


Knee mobilisation



stabilizing hand

Tibia transversal gliding medial
(this is the left leg!)



stabilizing hand

Tibia transversal gliding lateral
(this is the left leg!)



Massage lower le (II) muscle 1



Knee mobilisation



Massage upper leg muscle



Massage around the patella 1



Massage around the patella 2



Knee mobilisation



Tibia traction while sitting 1



Tibia traction while sitting 2



Massage along joint space (jointline) anterior



Knee mobilisation

16



Massage lower leg lateral

17



Massage lower leg lateral towards foot