“Let’s hold this stretch for 10 counts: 1, 2, 3...”

Program: Knee OA
- Calf Stretch
- **Quad Stretch**
- Hamstring Curl
- Straight Leg Raise
- ...

33% Complete
“You have completed this set, let's see if you made any errors”

MY HOME COACH

Program: Knee OA
- Calf Stretch
- Quad Stretch
- Hamstring Curl
- Straight Leg Raise
- ...

You Have
3 Errors
### REVIEW

#### Your Motion

Stick figure of persons movement

#### Correct Motion

![Correct Motion Image]

#### Error | Rep | Correction
---|---|---
Thigh not on chair | 2 | Always make sure thigh is pressed to chair
Back not on chair | 6 | Always make sure you sit up straight with your back to the chair