

Precautions for Tight Peroneal Nerve

When hips are flexed...

✓ **Bend knees**

✓ **Place pillow under knees**



Do not extend knees



Standing



Sitting with knees bent



Lying flat



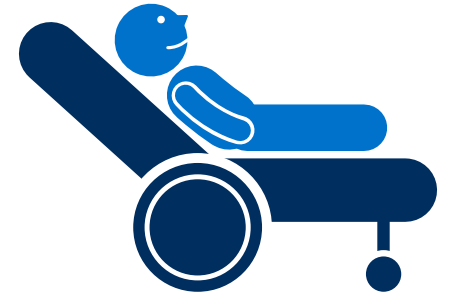
Lying flat with involved leg off the bed



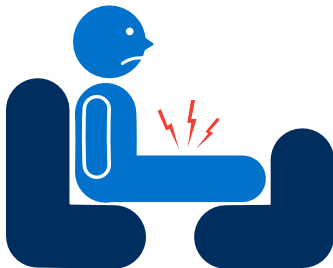
Reclining



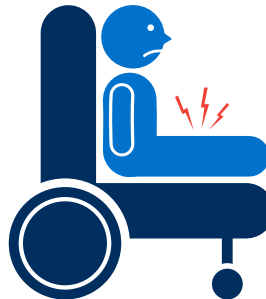
Reclining with pillow under knees



Reclining in wheelchair with leg rests up



Sitting upright with knees extended



Sitting upright in wheelchair with knees extended



Lifting legs in the air with knees extended