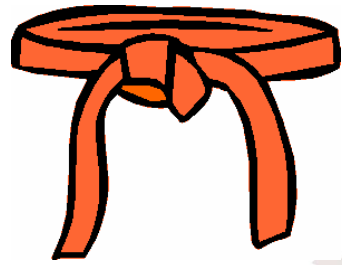


# HIZA GURUMA

## *KNEE WHEEL*



### **KEY POINTS;**

- **Prop below knee**
- **Use sole of foot**
- **Propping leg straight**
- **“Steering wheel” with hands**



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