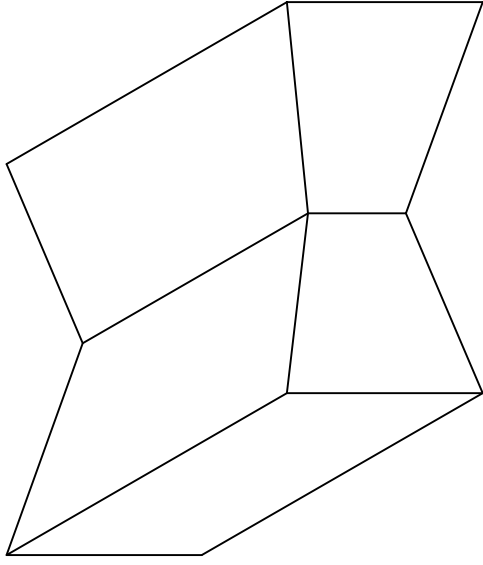
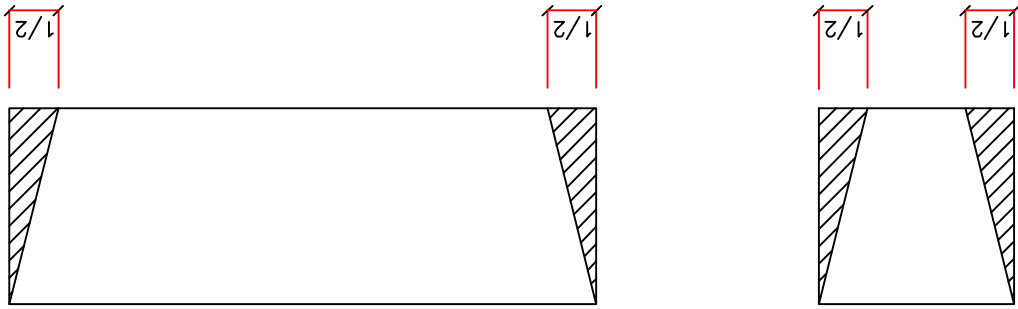


You now have a variable height knee riser that is either 2", 4" or 6" in height and that weights nothing, is very inexpensive, and puts no pressure on your knee.

After it is dry, wrap all sides with duct tape. Using white glue or wood glue (Elmers), glue the two halves together as shown



Using a serrated butcher knife, trim 1/2" off of each side as shown.



Start with block of styrofoam or florist foam available at any craft store. This block should be 2" x 2" x 12". Cut in half to make two pieces 6" long.

