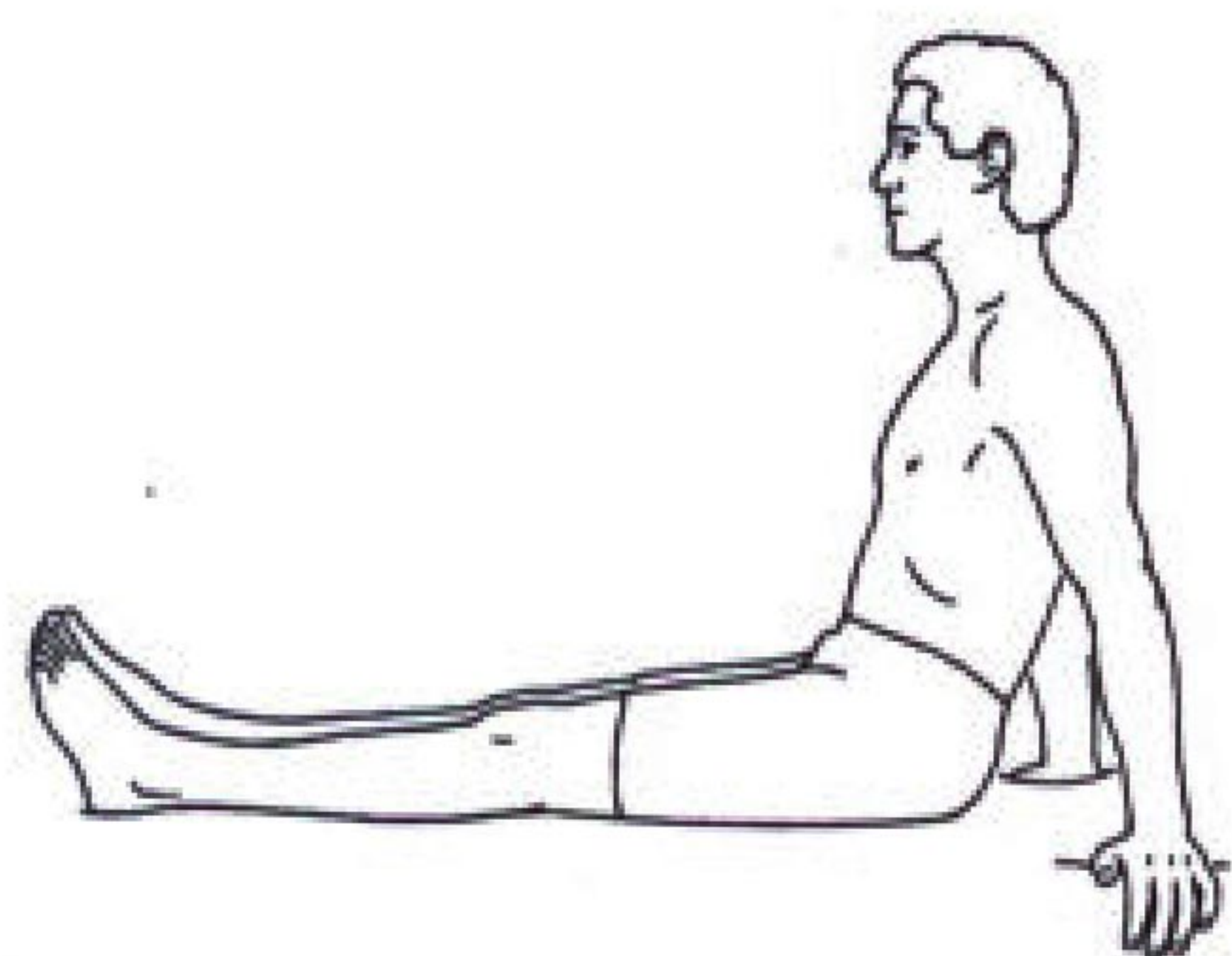


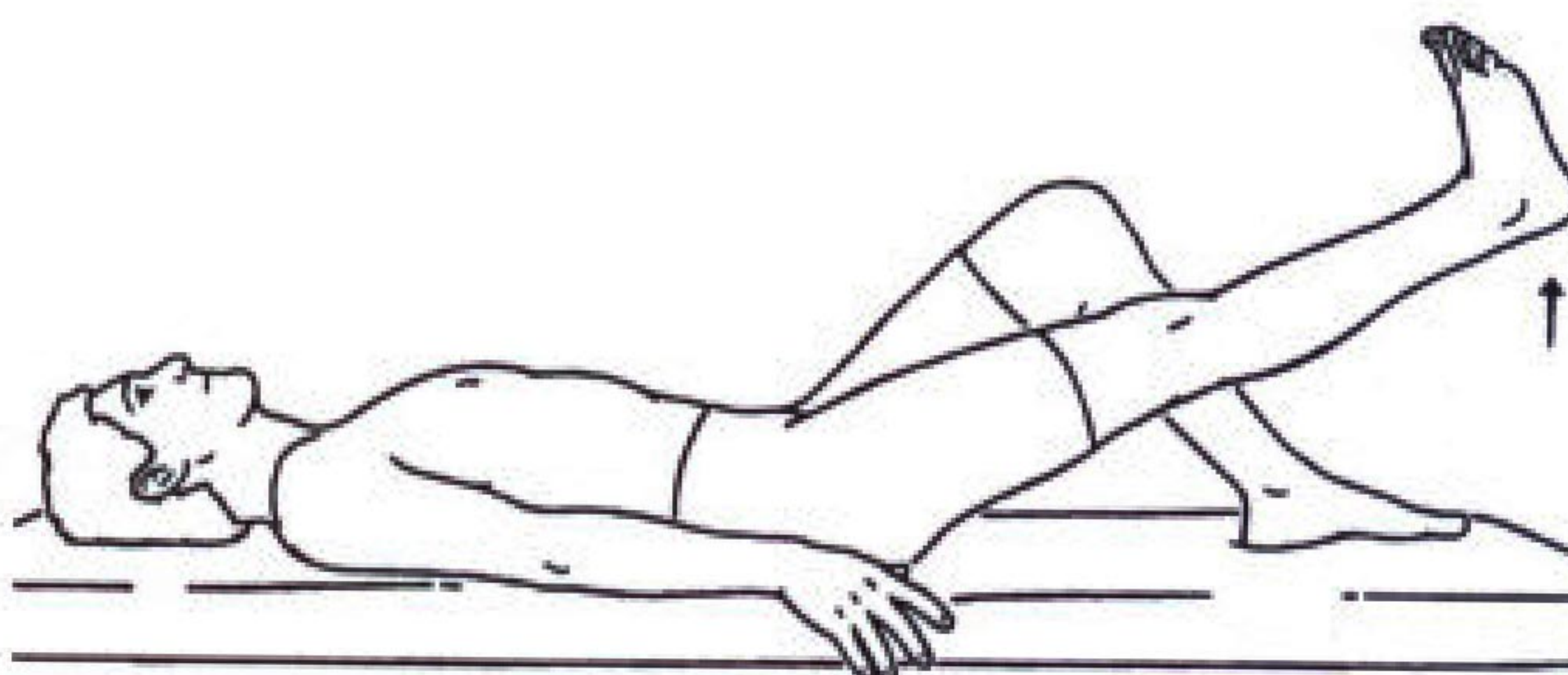
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

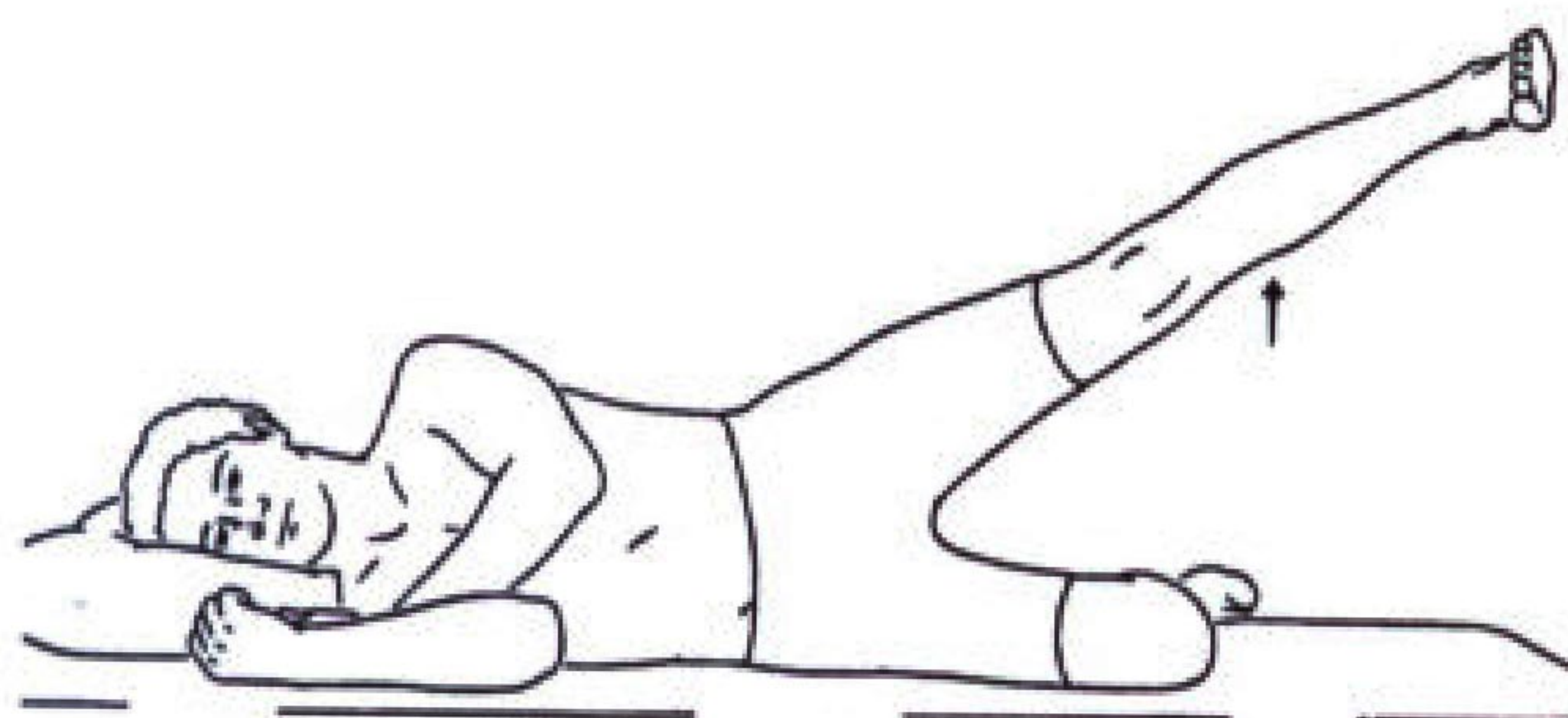
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of the involved thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



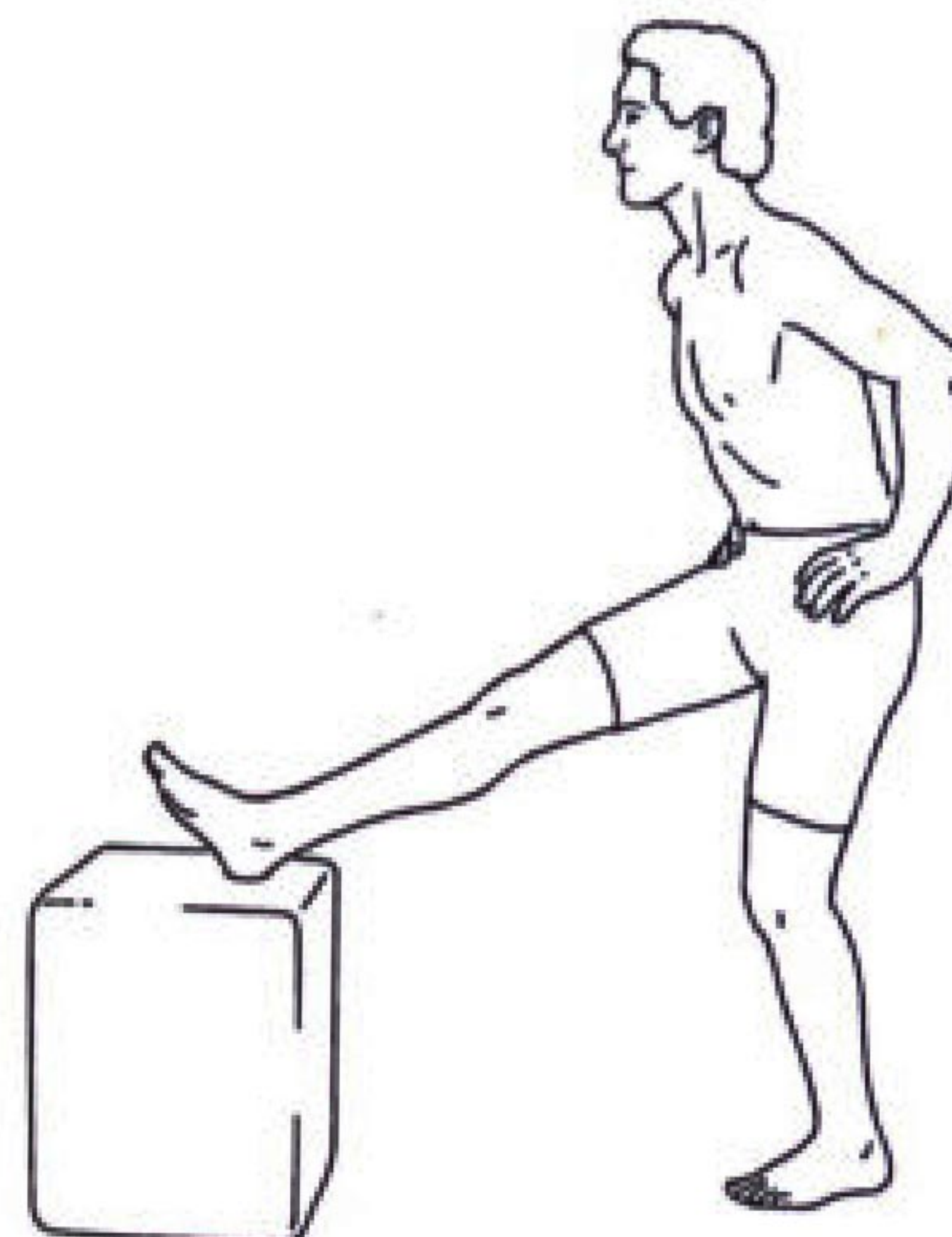
Tighten muscles on front of the involved thigh, then lift leg 18 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place involved foot on stool.
Slowly lean forward, keeping back straight, until stretch is felt in back of thigh.
Hold 15 seconds.

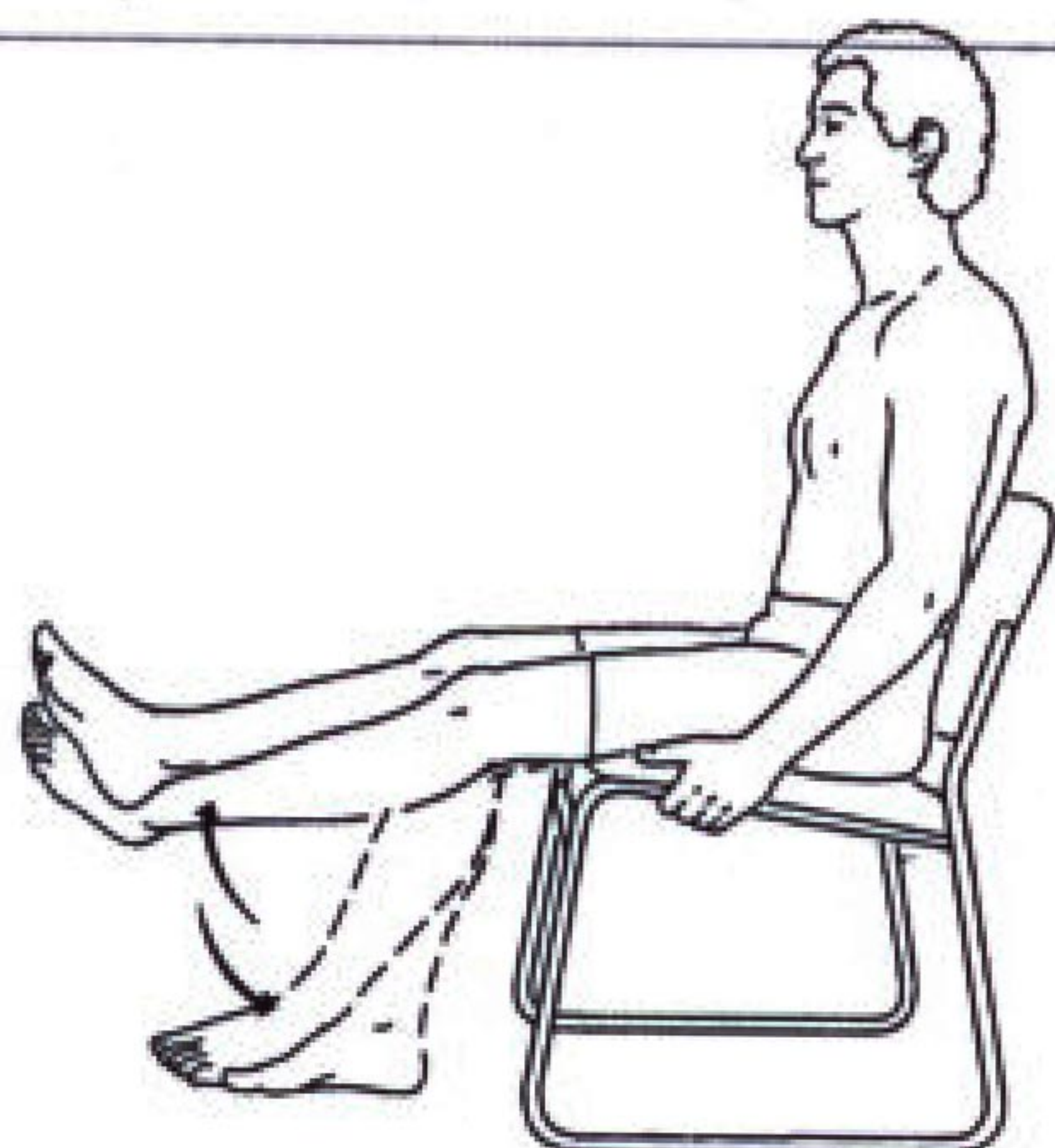
Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.



HIP / KNEE - 6 Self-Mobilization: Knee Flexion / Extension (Sitting)

Gently push involved leg back with other leg until a stretch is felt.
Hold 5 seconds. Relax

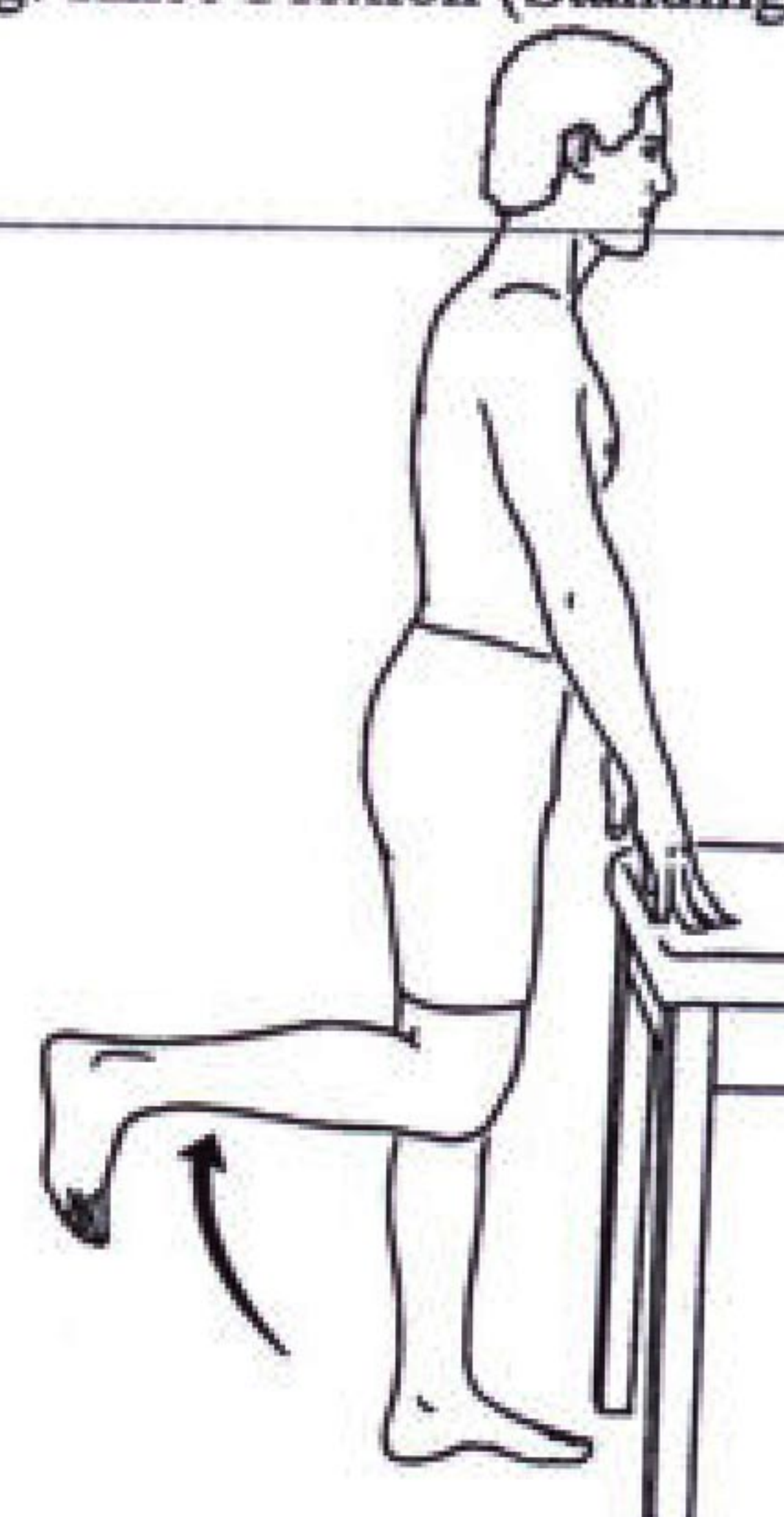
Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.



HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)

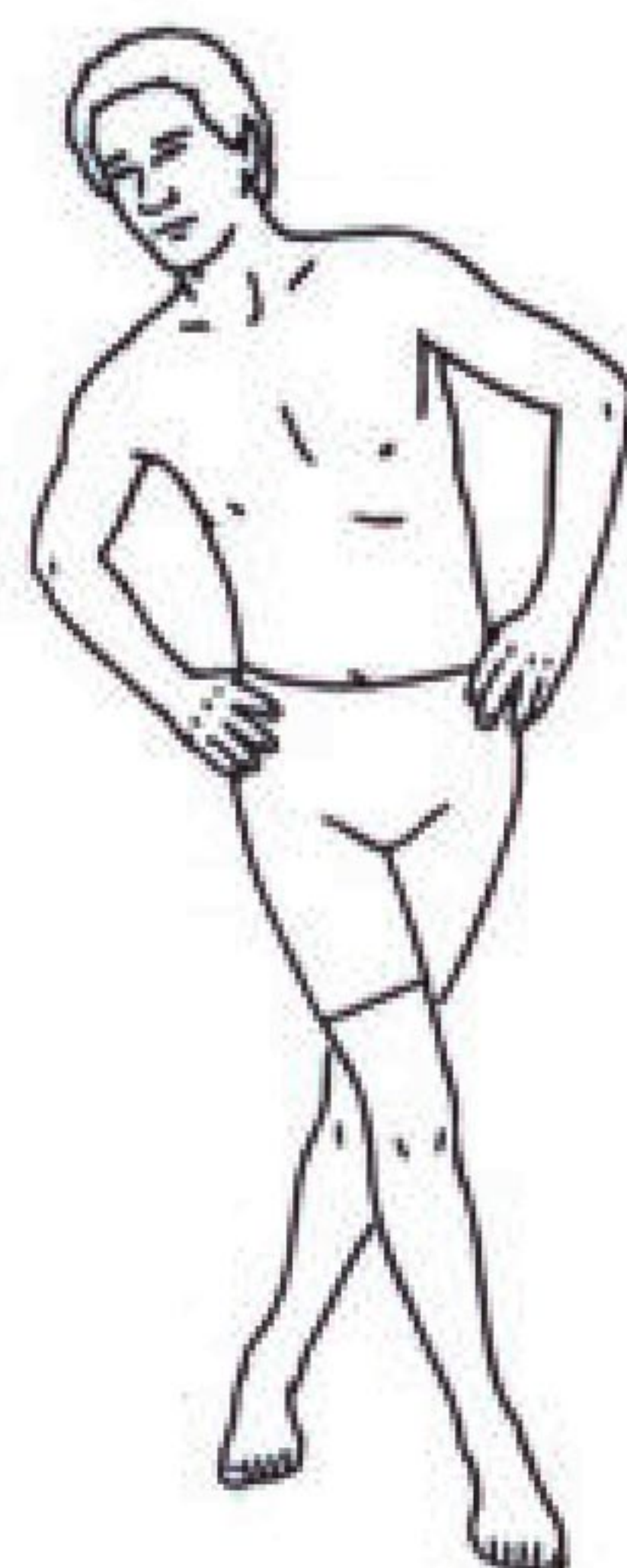
With support, bend involved knee as far as possible.

Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.



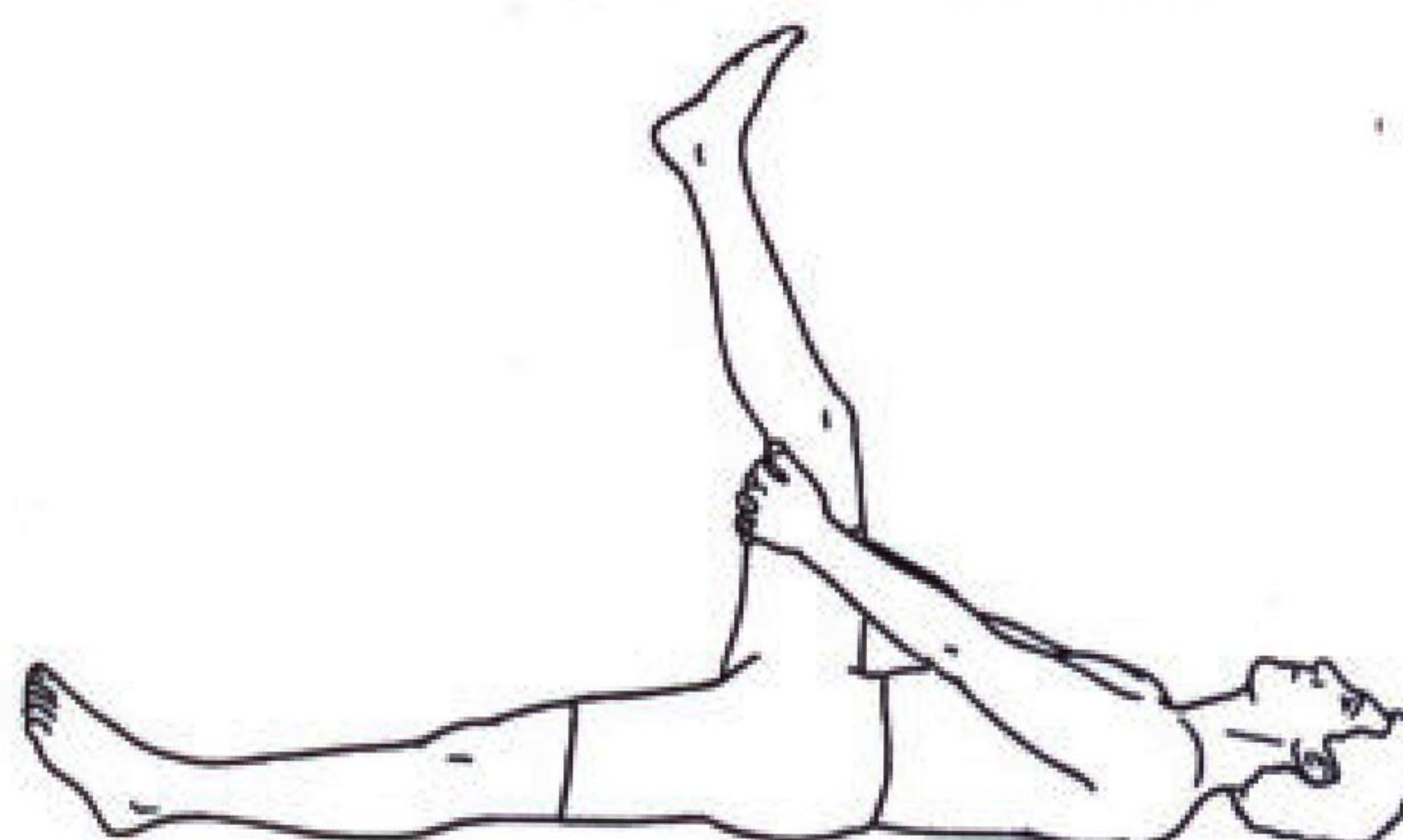
HIP / KNEE - 36 Stretching: Tensor

Cross involved leg over the other, then lean to same side until stretch is felt on other hip. Hold 15 seconds.



Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

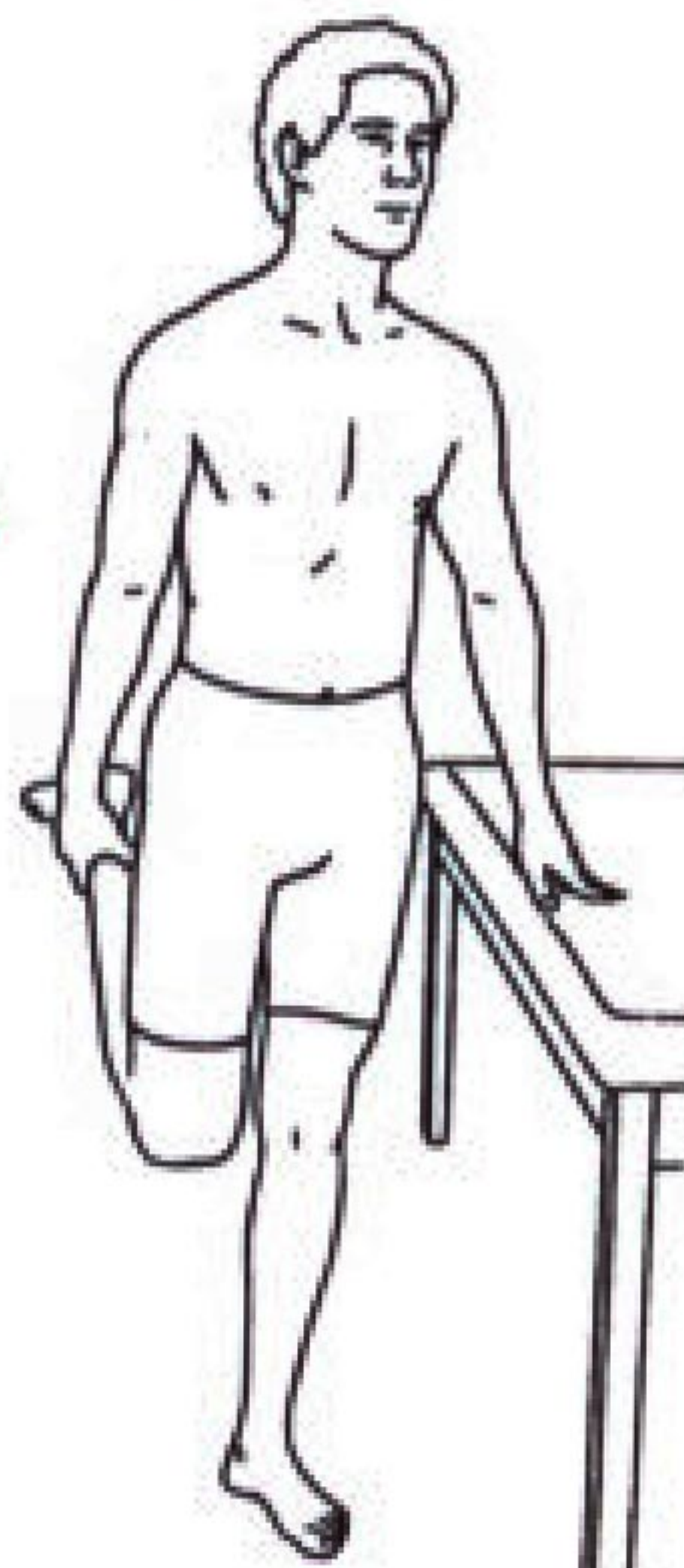


Supporting involved thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 15 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

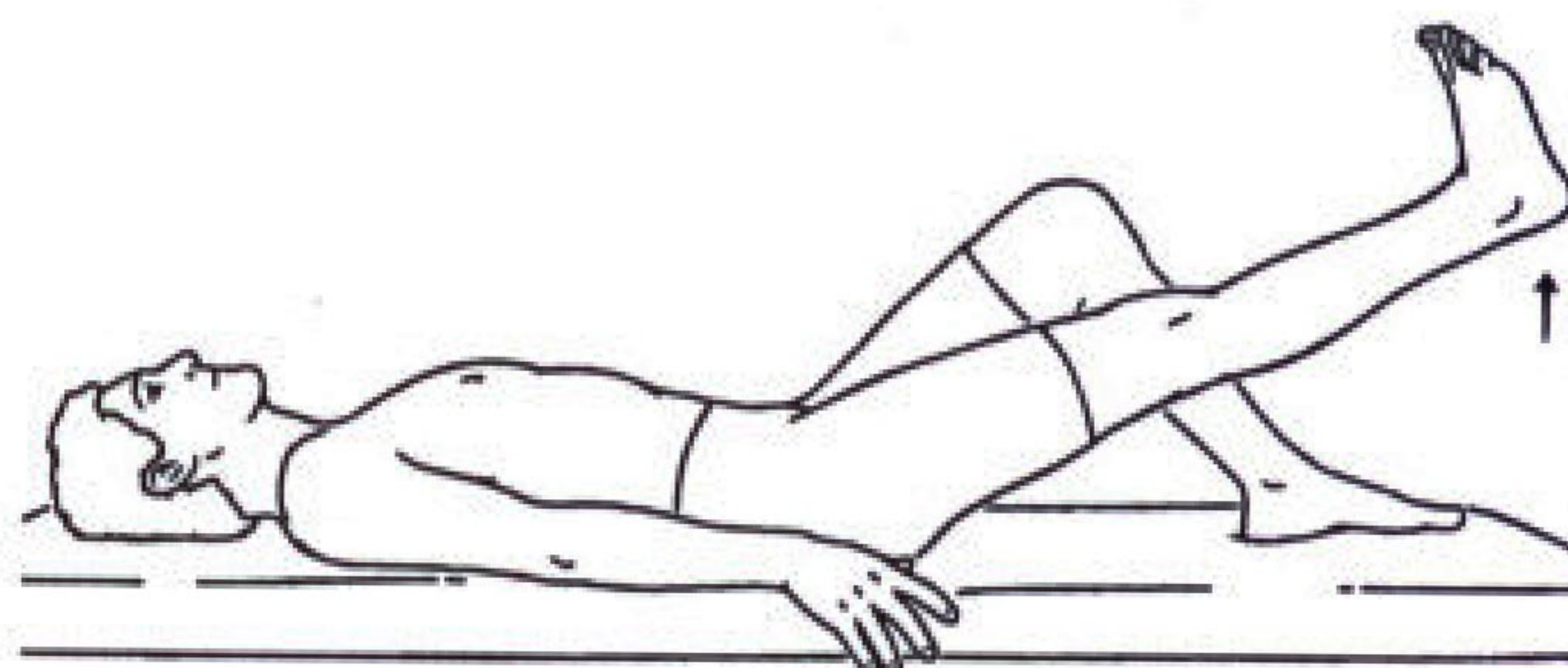
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel of involved leg toward buttock until stretch is felt in front of thigh. Hold 15 seconds.



Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)

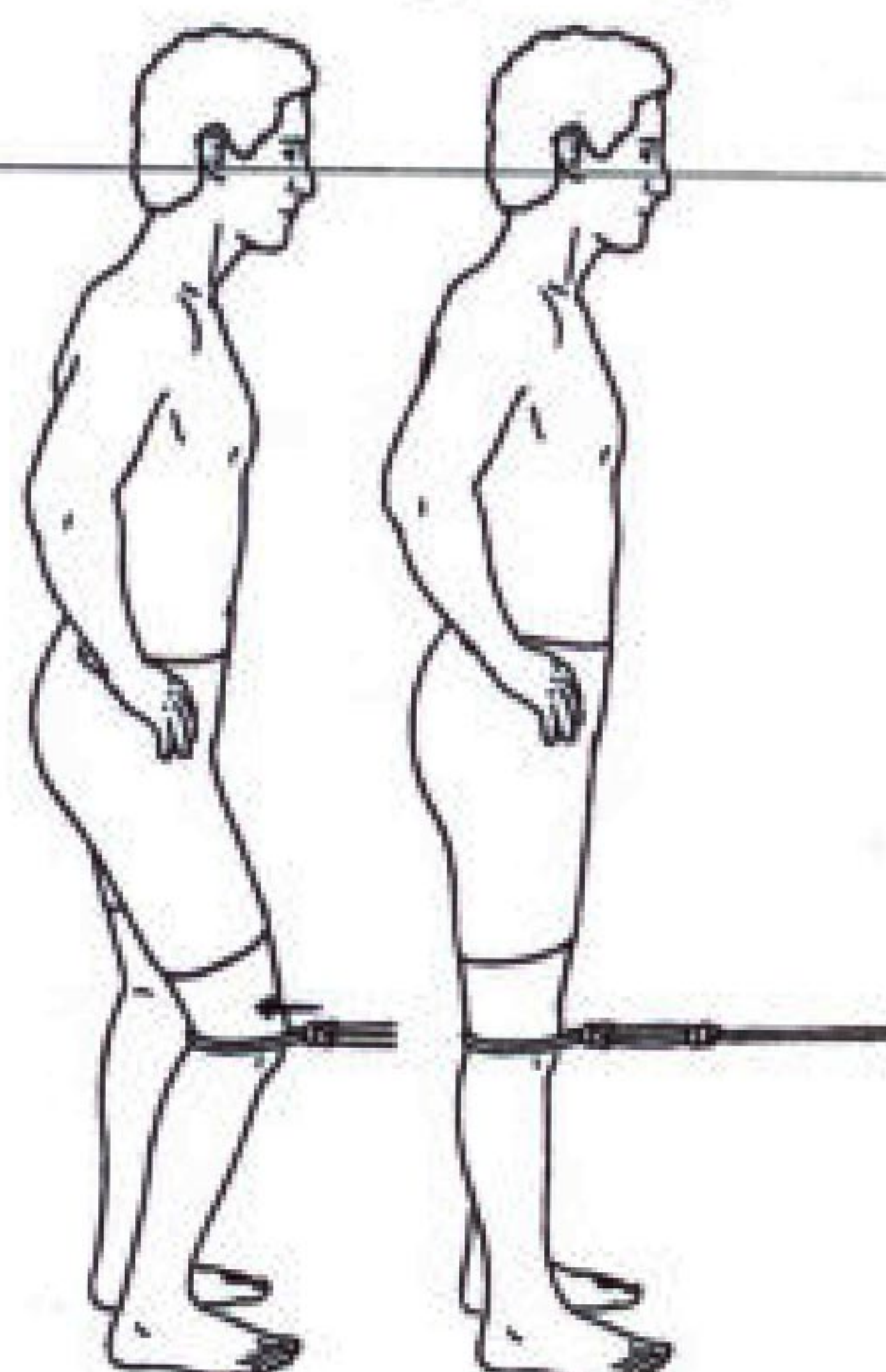


Tighten muscles on front of involved thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 43 Terminal Knee Extension (Standing)

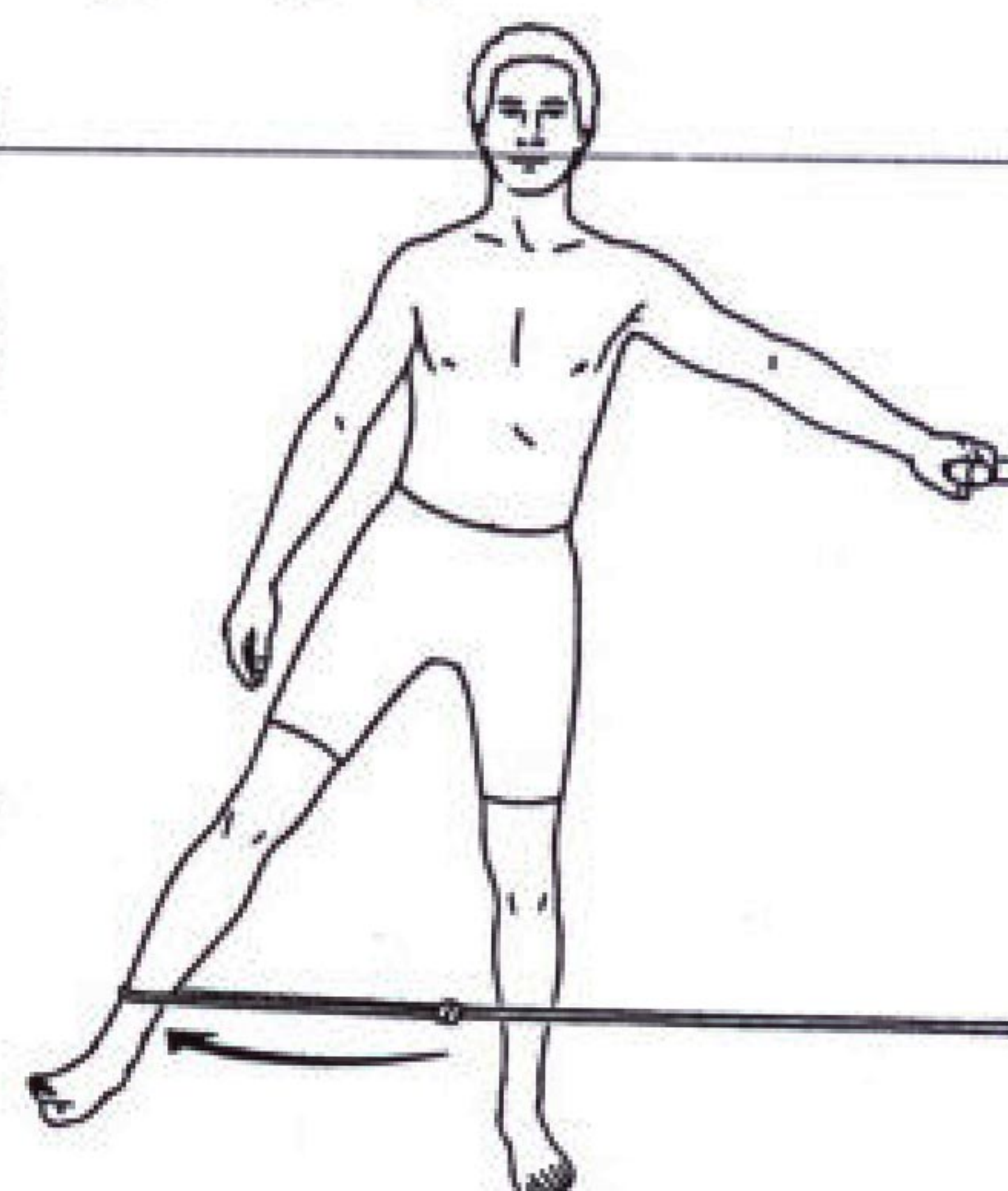
Facing anchor with involved knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.



Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around involved leg, other side toward anchor, extend leg out from side. Perform on both legs.

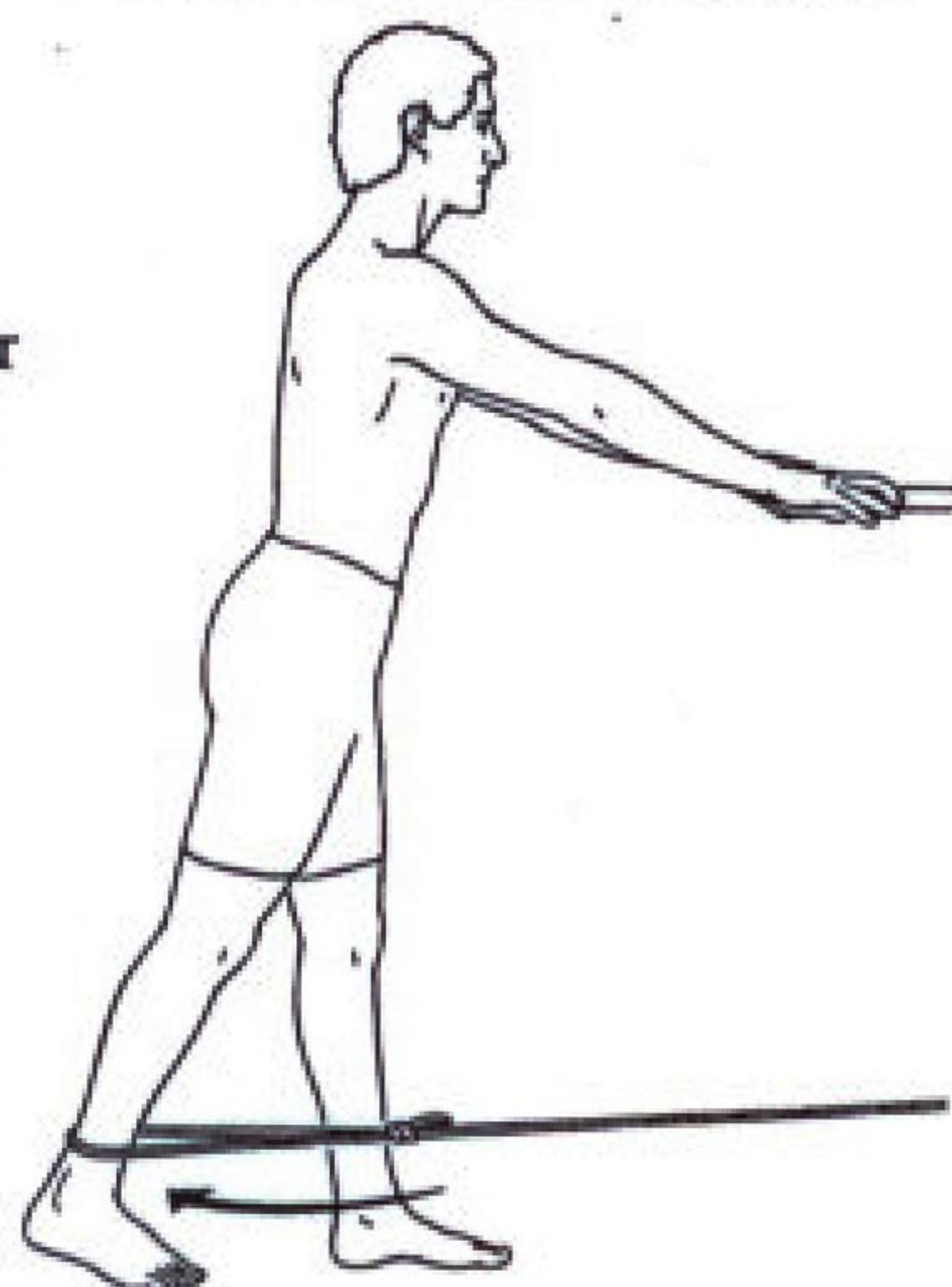


Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around involved ankle, face anchor and pull leg straight back. Repeat on opposite leg.

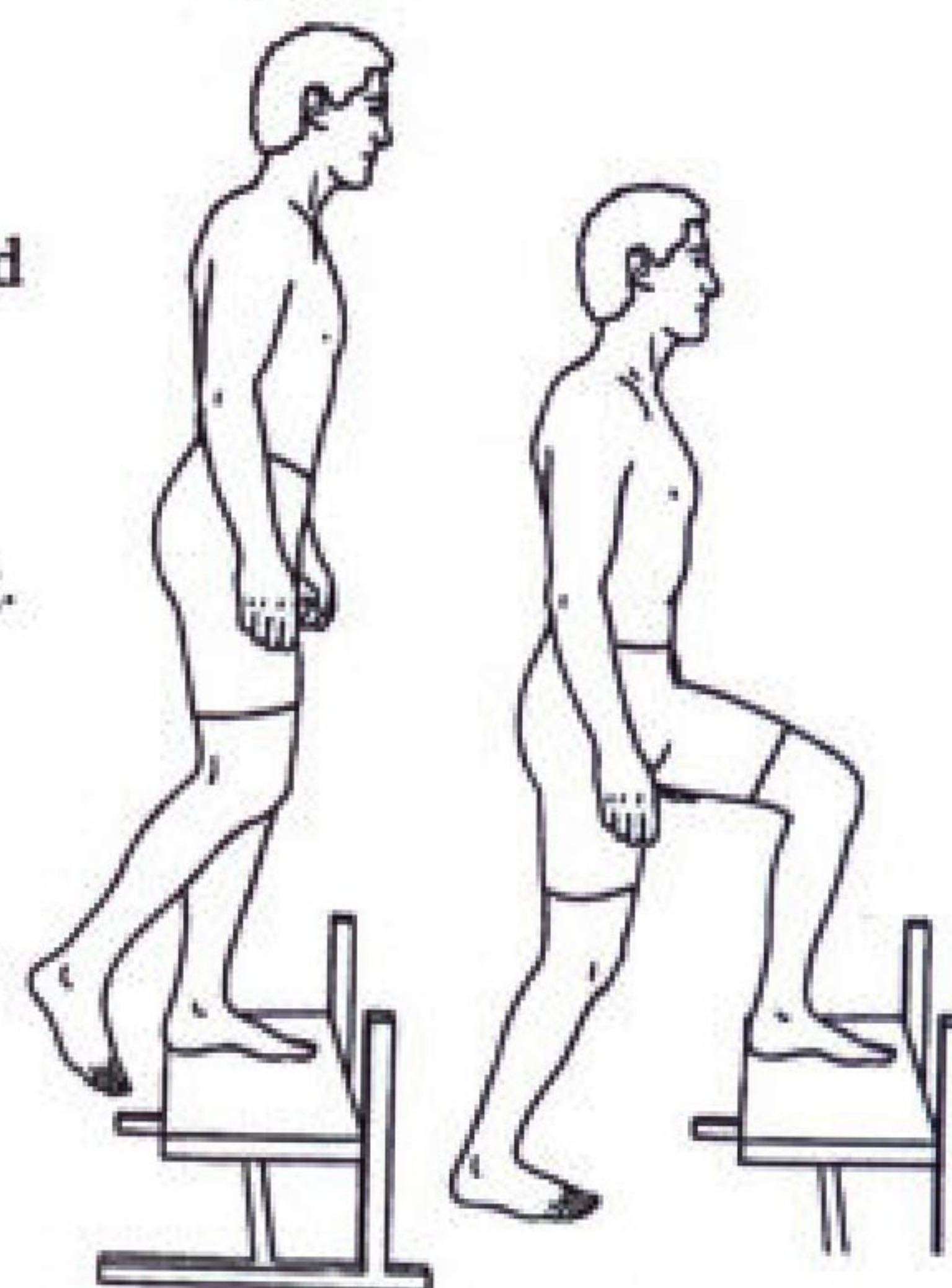
Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.



HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair with involved leg. Slowly bend involved leg, lowering other foot to floor. Return by straightening involved leg.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.



HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 3 seconds. Tighten thigh muscles and return.

Repeat 10 times per set.
Do 3 sets per session.
Do 1 sessions per day.

