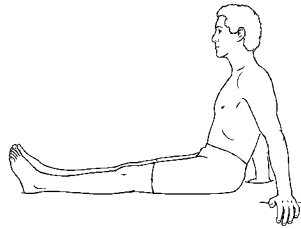


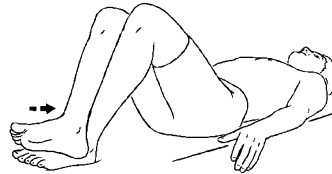
HIP / KNEE - 11 Strengthening: Quadriceps Set



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.

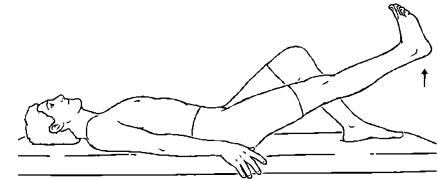
HIP / KNEE - 9 Self-Mobilization: Knee Flexion (Hook-Lying)



Bend **right** knee as far as possible, then use other leg to gently push until stretch is felt. Hold 20 seconds. Relax.

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

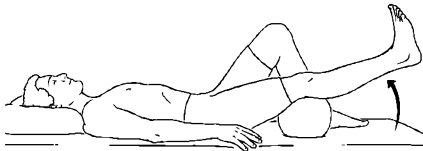
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of **right** thigh, then lift leg 6 inches from surface, keeping knee locked.

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

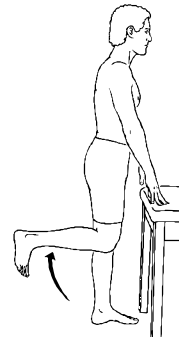
HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)



With **right** knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

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

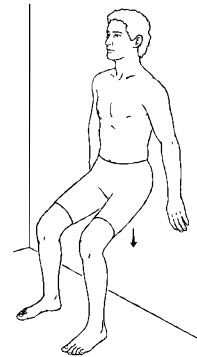
HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)



With support, bend **right** knee as far as possible.

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

HIP / KNEE - 25 Strengthening: Wall Slide

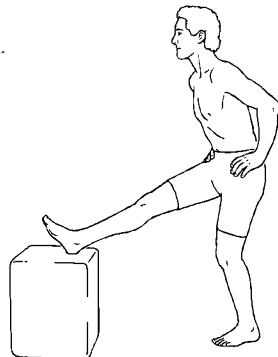


Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 20 seconds. Tighten thigh muscles and return.

Repeat 5 times per set.  
 Do 3 sets per session.  
 Do 2 sessions per day.

HIP / KNEE - 39 Stretching: Hamstring (Standing)

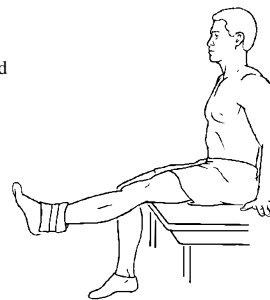
Place **right** foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.



Repeat 3 times per set.  
 Do 1 sets per session.  
 Do 2 sessions per day.

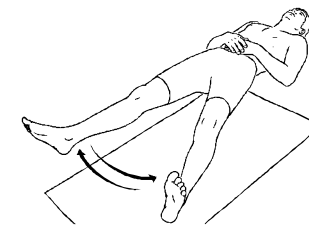
HIP / KNEE - 76 Knee Extension (Sitting)

Place 2 pound weight on **right** ankle and straighten knee fully, lower slowly.



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

HIP / KNEE - 50 Hip Abduction / Adduction: with Extended Knee (Supine)



Bring **right** leg out to side and return. Keep knee straight.

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