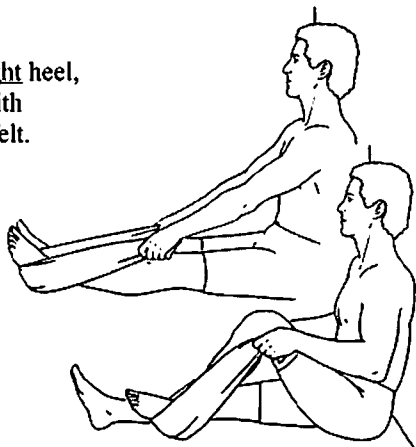


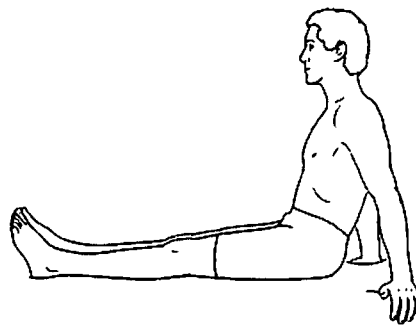
HIP / KNEE - 46 PROM: Knee Flexion

With towel around right heel,
gently pull knee up with
towel until stretch is felt.
Hold 5 seconds.



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

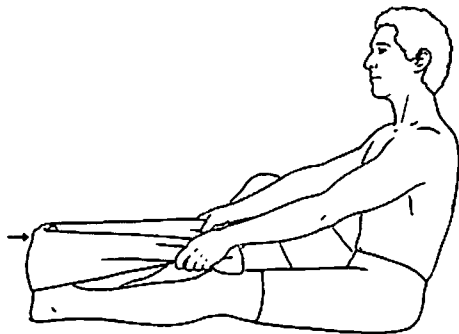
HIP / KNEE - 11 Strengthening: Quadriceps Set



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

Repeat 20-30 times per set. Do 1 sets per session.
Do 2 sessions per day.

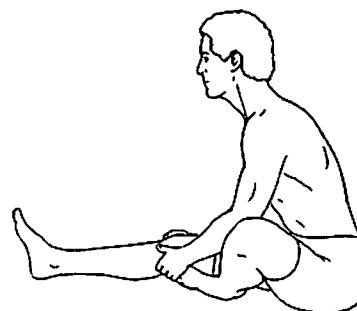
HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around right foot.
Gently pull on towel until stretch is felt in calf.
Hold 30 seconds.

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

HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With right leg straight, tuck other foot near groin. Reach
down until stretch is felt in back of thigh. Keep back straight.
Hold 30 seconds.

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

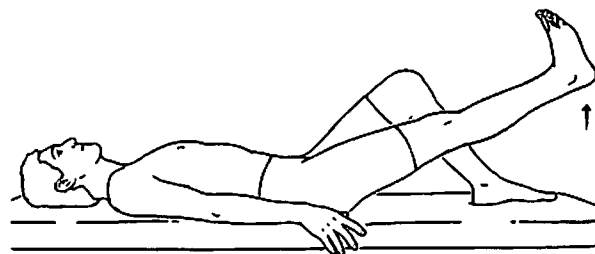
HIP / KNEE - 22 Strengthening: Hip Adduction
(Side-Lying)



Tighten muscles on front of right thigh, then lift leg
6-8 inches from surface, keeping knee locked.

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

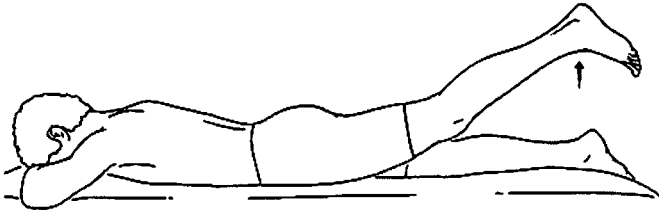
HIP / KNEE - 17 Strengthening: Straight Leg Raise
(Phase 1)



Tighten muscles on front of right thigh, then lift leg
6-8 inches from surface, keeping knee locked.

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

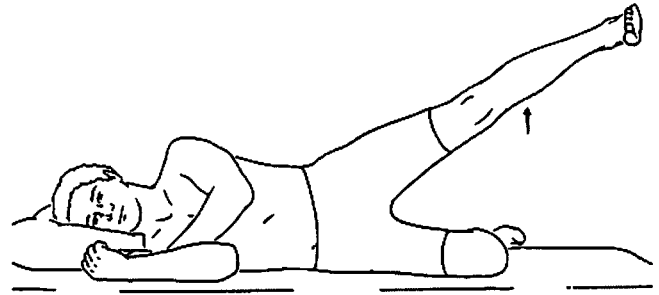
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.

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

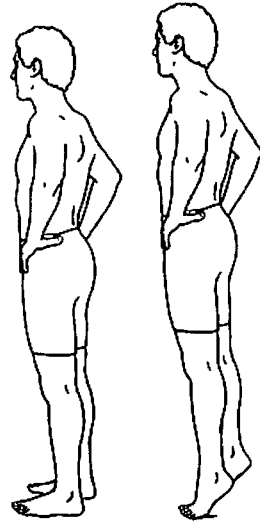
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.

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

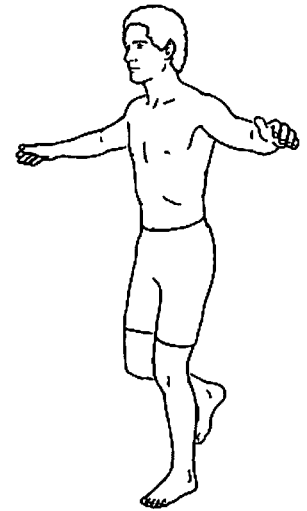
ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Repeat 30 times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

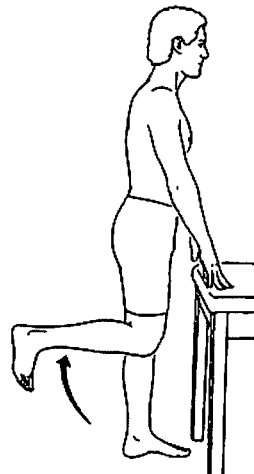


Attempt to balance on right leg, eyes open. Hold 30 seconds.

Repeat 5 times per set.
Do _____ sets per session.
Do _____ sessions per day.

_____ Perform exercise with eyes closed.

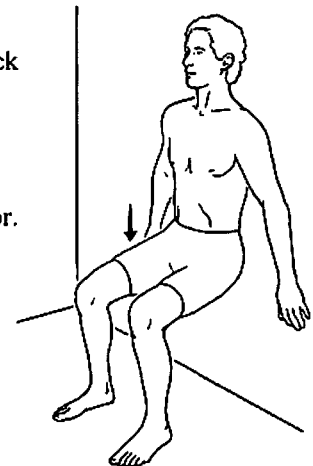
HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)



With support, bend right knee as far as possible.

Repeat 20-30 times per set.
Do _____ sets per session.
Do 2 sessions per day.

BACK - 31 Wall Slide



Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until thighs are parallel to floor. Keep back flat.

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