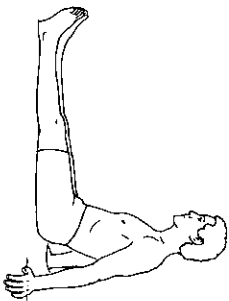
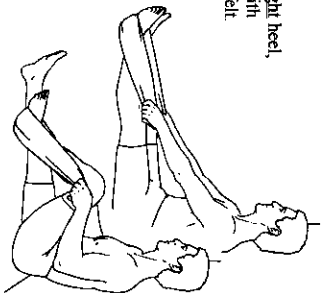


HIP / KNEE - 11 Strengthening: Quadriceps Set



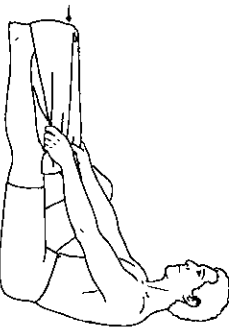
Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.
Repeat 20-30 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion



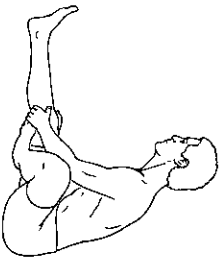
With towel around right heel, gently pull knee up with towel until stretch is felt. Hold seconds.
Repeat times per set.
Do sets per session.
Do sessions per day.

HIP / KNEE - 63 Stretching: Calf - Towel



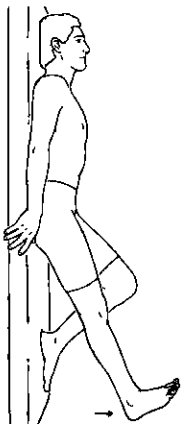
Sit with knee straight and towel looped around right foot. Gently pull on towel until stretch is felt in calf. Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 40 Stretching: Hamstring (Sitting)



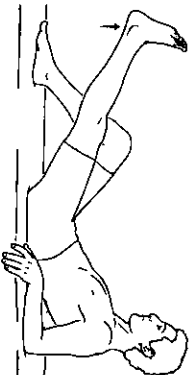
With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

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



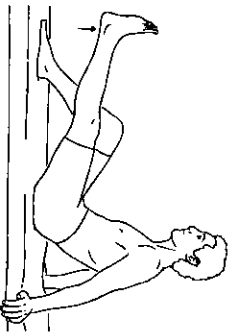
Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 18 Strengthening: Straight Leg Raise (Phase 2)



Resting on forearms, tighten muscles on front of right thigh, then lift leg inches from surface, keeping knee locked.
Repeat times per set. Do sets per session.
Do sessions per day.

HIP / KNEE - 19 Strengthening: Straight Leg Raise (Phase 3)



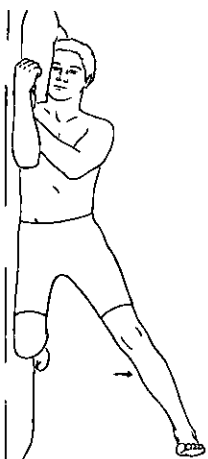
Resting on hands, tighten muscles on front of right thigh, then lift leg inches from surface, keeping knee locked.
Repeat times per set. Do sets per session.
Do sessions per day.

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 - 21 Strengthening: Hip Abduction (Side-Lying)

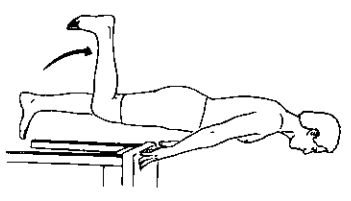


Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked.
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 24 Strengthening Knee Flexion (Standing)

With support, bend right knee as far as possible.

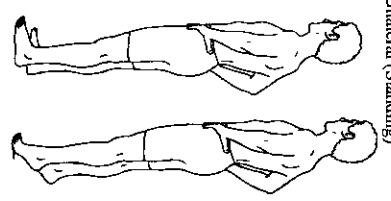
Repeat 30 times per set.
Do 3 sets per session.
Do 3 sessions per day.



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

Rise on balls of feet

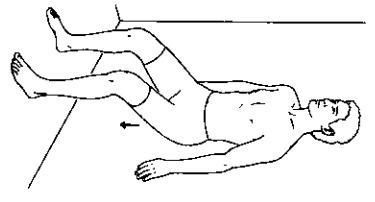
Repeat times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 25 Strengthening Wall Slide

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

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

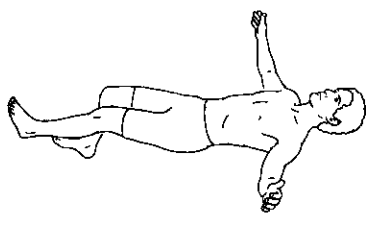


ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on right leg, eyes open. Hold 15-30 seconds.

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

 Perform exercise with eyes closed.



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

Stand on stair step or 4-6 inch stool. Slowly bend right leg, lowering other foot to floor. Return by straightening front leg.

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

