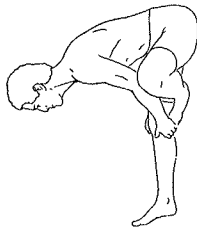
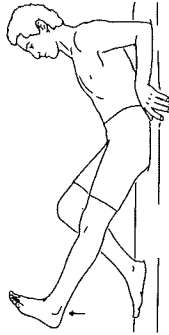


HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 20 seconds.  
Repeat 3 times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

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



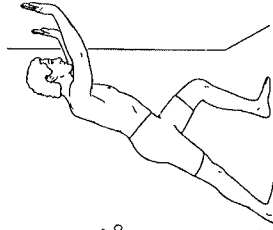
Resting on forearms, tighten muscles on front of left thigh, then lift leg 12 inches from surface, keeping knee locked. Repeat 20 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

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 20 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

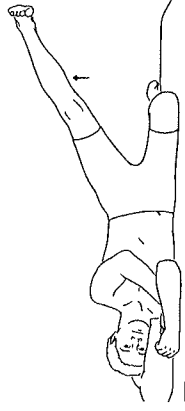
ANKLE / FOOT - 14 Gastroc Stretch



Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 20 seconds.

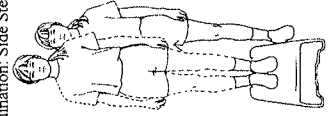
Repeat 3 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

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



Tighten muscles on front of left thigh, then lift leg 18 inches from surface, keeping knee locked. Repeat 20 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

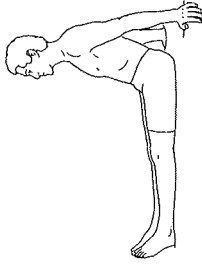
LOWER EXTREMITY - 7 Proprioception, Quad Strength, Coordination: Side Step-Up



Injured foot on the step. Uninjured off the side of the step. Slowly lower your good leg down toward the floor (just touch the floor)

Use 8 inch step.  
Repeat 20 times or for \_\_\_\_\_ minutes.  
Do 2 sessions per day.

HIP / KNEE - 11 Strengthening: Quadriceps Set



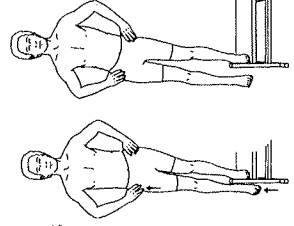
Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.  
Repeat 10 times per set. Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

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



Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked. Repeat 20 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

HIP / KNEE - 56 Hip Hike



Stand on step, involved leg on step, knee straight. Raise unsupported hip, keeping knee straight.

Repeat 20 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 20 sessions per day.