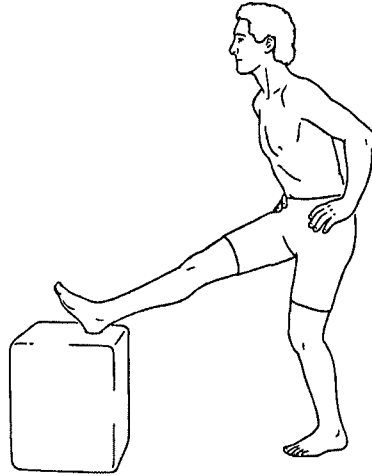


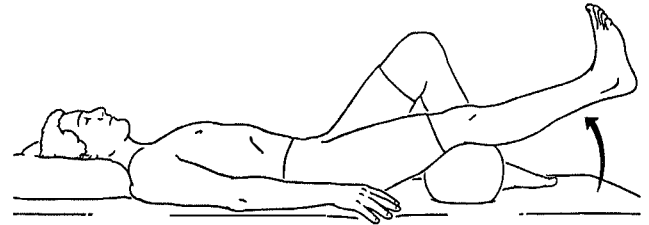
HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place foot on stool.  
 Slowly lean forward,  
 keeping back straight,  
 until stretch is felt  
 in back of thigh.  
 Hold 1 minute.



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

HIP / KNEE - 2 3Strengthening: Terminal Knee Extension  
 (Supine)

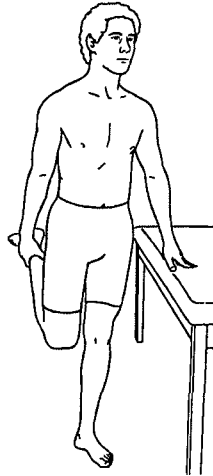


With knee over bolster, straighten knee by tightening  
 muscles on top of thigh. Hold for 3 counts and slowly lower.  
 Keep bottom of knee on bolster.

Repeat  10  times per set. Do  2  sets per session.  
 Do  1  sessions per day.

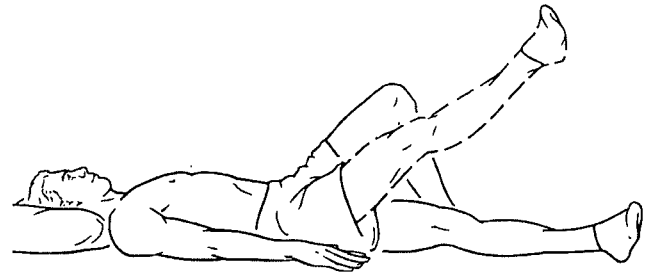
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel toward buttock until stretch is  
 felt in front of thigh.  
 Hold 1 minute.



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

HIP / KNEE - 74 Straight Leg Raise:  
 With External Leg Rotation

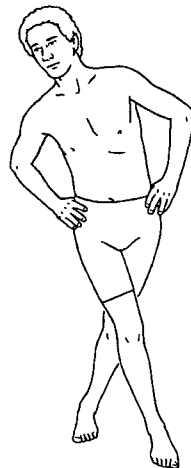


Lie on back with leg straight, opposite leg bent.  
 Rotate straight leg out and lift 6 inches.

Repeat  10  times per set. Do  2  sets per session.  
 Do  1  sessions per day.

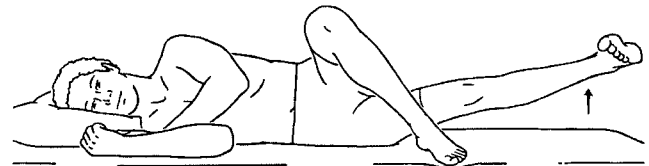
HIP / KNEE - 36 Stretching: Tensor

Cross leg over the other, then lean to  
 same side until stretch is felt on other hip.  
 Hold 1 minute.



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

HIP / KNEE - 2 2Strengthening: Hip Adduction  
 (Side-Lying)



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

Repeat  10  times per set. Do  2  sets per session.  
 Do  1  sessions per day.