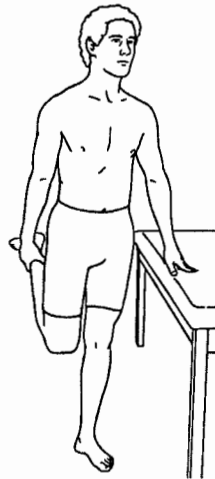


**Central Vermont Medical Center**  
ORTHOPEDICS & SPORTS MEDICINE

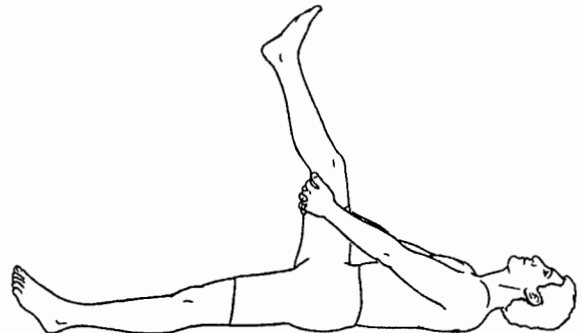
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

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.

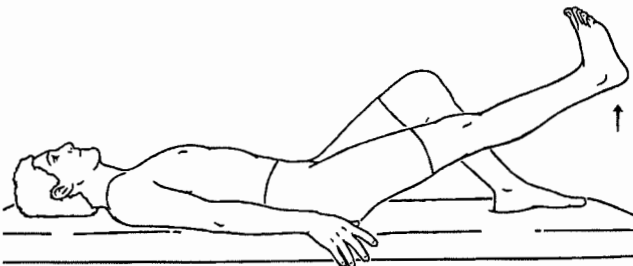
HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 4 times per set. Do 2 sets per session.  
Do 2 sessions per day.

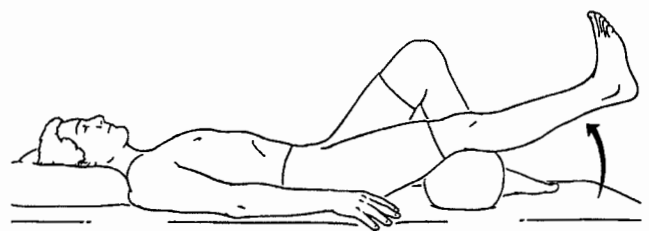
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



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.

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

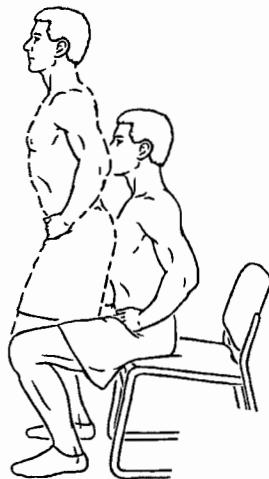


With knee over bolster, straighten knee by tightening muscles on top of thigh. Hold for 5 seconds. Keep bottom of knee on bolster.

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

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



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