

HIP / KNEE - 32

Stretching: Inner Thigh / Groin

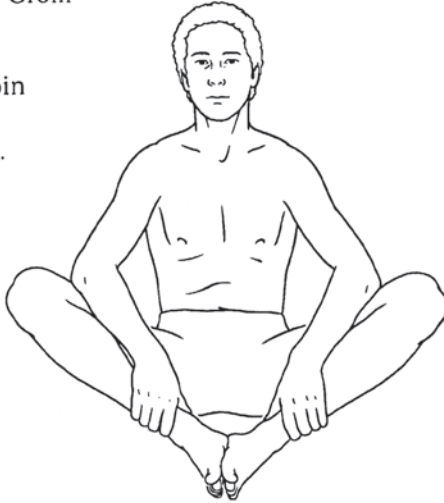
Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 33

Stretching: Hamstring - Wall

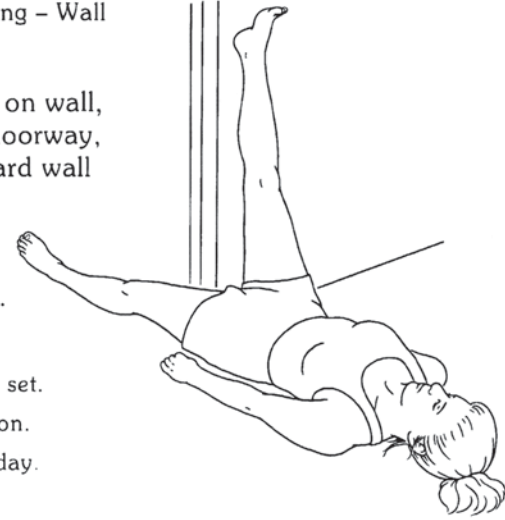
Lying on floor with RIGHT / LEFT leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 17

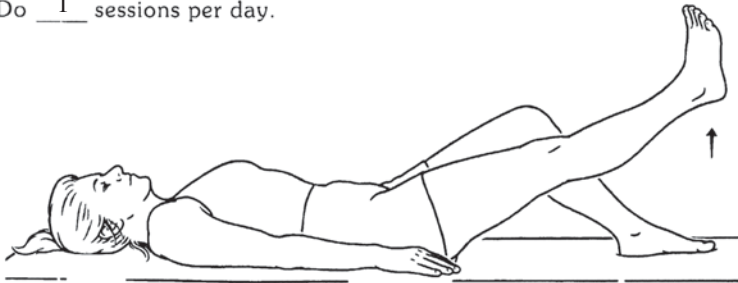
Strengthening: Straight Leg Raise (Phase 1)

Tighten muscles on front of RIGHT / LEFT thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 35

Stretching: Piriformis

Cross RIGHT / LEFT leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



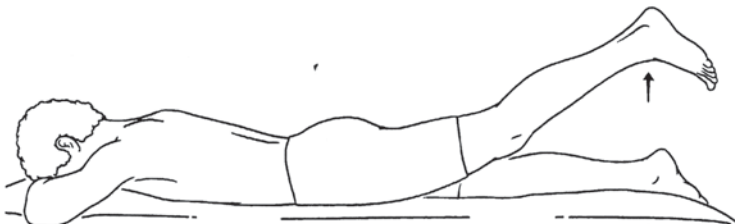
HIP / KNEE - 20

Strengthening: Hip Extension (Prone)

Tighten muscles on front of RIGHT / LEFT thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10-20 times per set. Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 22

Strengthening: Hip Adduction (Side-Lying)

Tighten muscles on front of RIGHT / LEFT thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10-20 times per set. Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 26

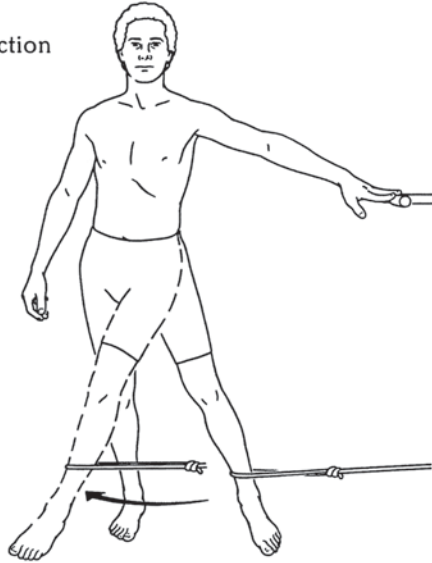
Strengthening: Hip Adduction
– Resisted

With tubing around
RIGHT / LEFT leg,
bring leg across body.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 27

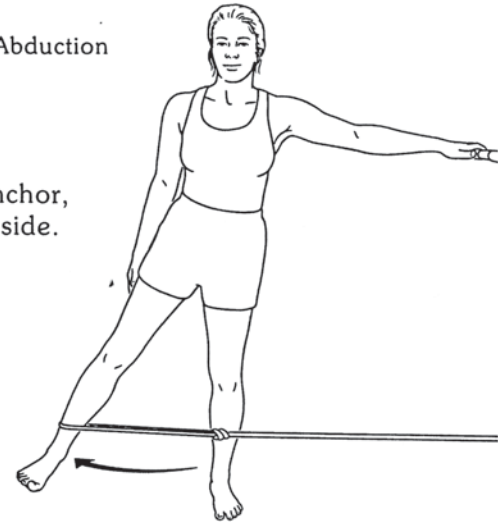
Strengthening: Hip Abduction
– Resisted

With tubing around
RIGHT / LEFT leg,
other side toward anchor,
extend leg out from side.

Repeat 10-20
times per set.

Do 2 sets
per session.

Do 1 sessions
per day.



HIP / KNEE - 29

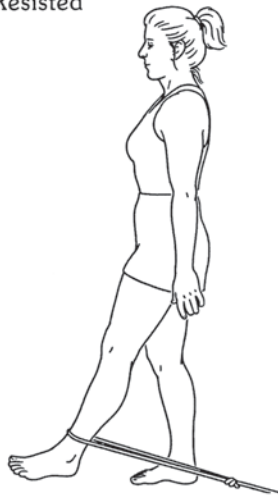
Strengthening: Hip Flexion – Resisted

With tubing around
RIGHT / LEFT ankle,
anchor behind,
bring leg forward,
keeping knee straight.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 28

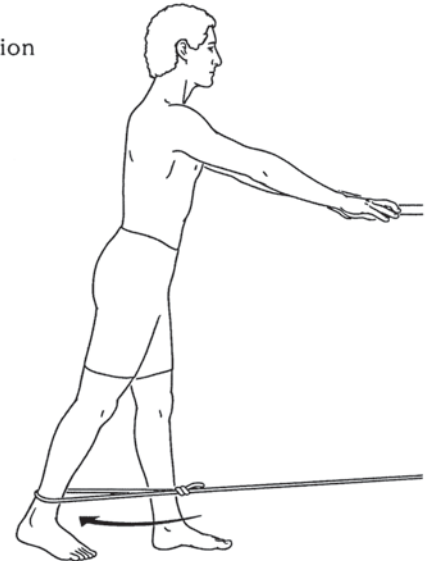
Strengthening: Hip Extension
– Resisted

With tubing around
RIGHT / LEFT ankle,
face anchor and
pull leg straight back.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 24

Strengthening: Knee Flexion (Standing)

With support,
bend RIGHT / LEFT knee
as far as possible.

Repeat 10-20 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 25

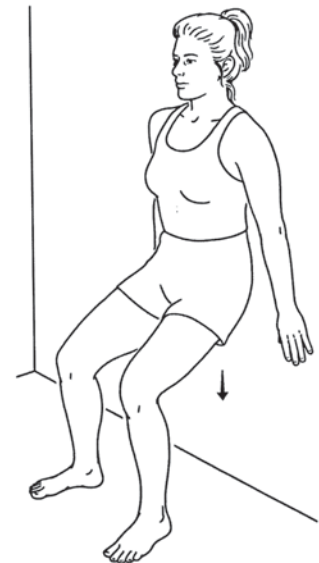
Strengthening: Wall Slide

Leaning on wall,
slowly lower buttocks
until thighs are
parallel to floor.
Hold 20 seconds.
Tighten thigh muscles
and return.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 37

Stretching: Quadriceps (Standing)

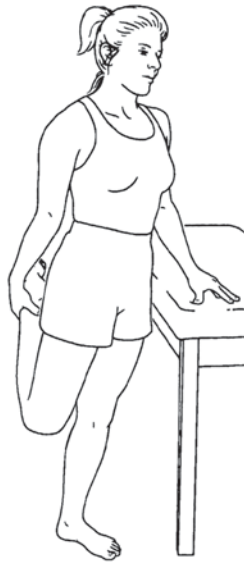
Pull **RIGHT / LEFT** heel toward buttock until stretch is felt in front of thigh.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 44

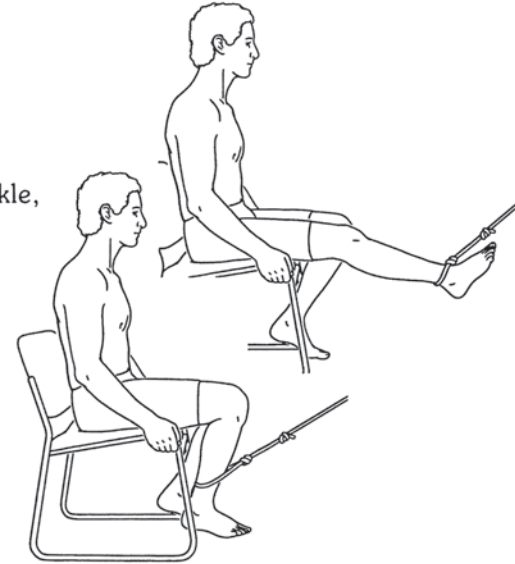
Hamstring Curl Resisted (Sitting)

Facing anchor with tubing on **RIGHT / LEFT** ankle, leg straight out, bend knee.

Repeat 10-20 times per set.

Do 2-3 sets per session.

Do 1 sessions per day.



HIP / KNEE - 34

Stretching: Hip Flexor

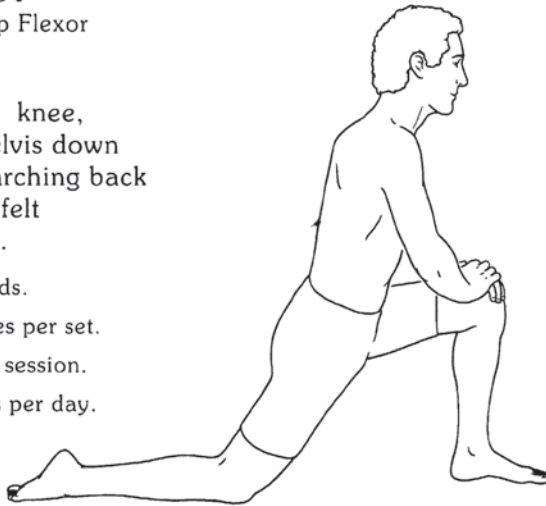
Kneeling on **RIGHT / LEFT** knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



HIP / KNEE - 21

Strengthening: Hip Abduction (Side-Lying)

Tighten muscles on front of **RIGHT / LEFT** thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10-20 times per set. Do 2-3 sets per session.

Do 1 sessions per day.

