

## HIP / KNEE - 33

**Stretching:** Hamstring – Wall

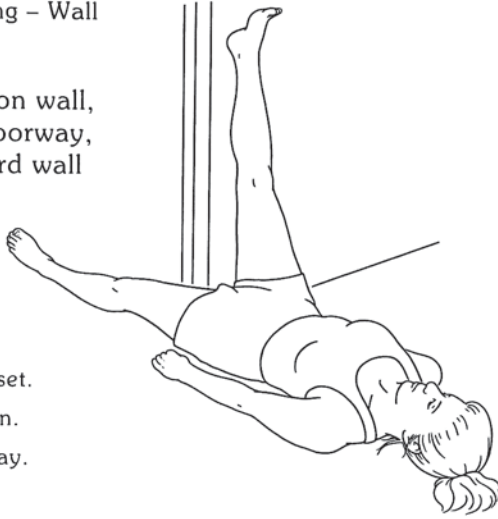
Lying on floor with RIGHT / LEFT leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



## HIP / KNEE - 11

**Strengthening:** Quadriceps Set

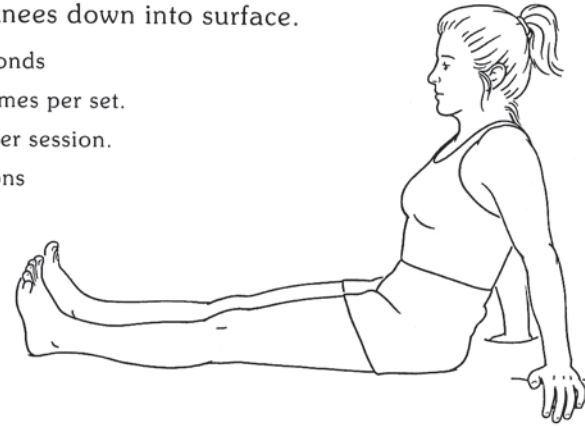
Tighten muscles on top of thighs by pushing knees down into surface.

Hold 15 seconds

Repeat 2 times per set.

Do 2 sets per session.

Do 1 sessions per day.



## HIP / KNEE - 17

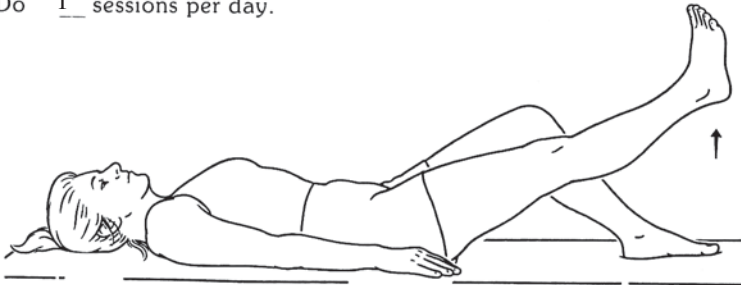
**Strengthening:** Straight Leg Raise (Phase 1)

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 2-3 sets per session.

Do 1 sessions per day.



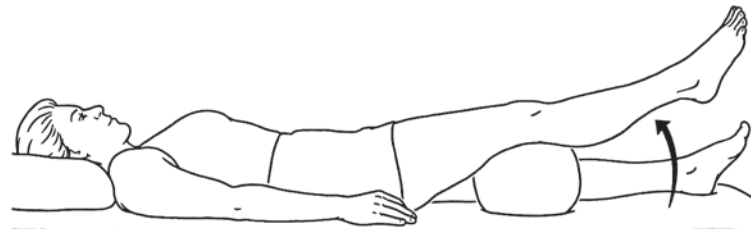
## HIP / KNEE - 23

**Strengthening:** Terminal Knee Extension (Supine)

With RIGHT / LEFT knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat 10-20 times per set. Do 2-3 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 - 78

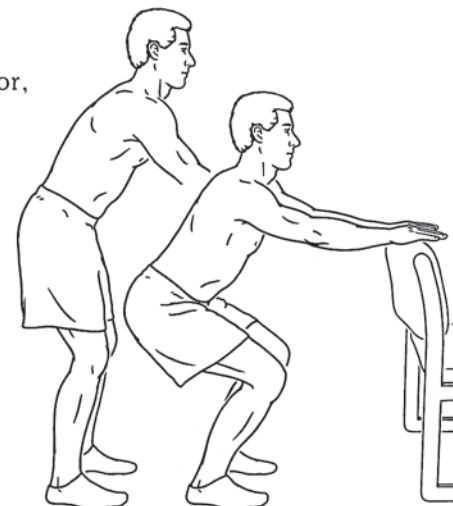
**Functional Quadriceps**  
Chair Squat

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.

Repeat 10-20 times per set.

Do 2-3 sets per session

Do 1 sessions per day.



## HIP / KNEE - 24

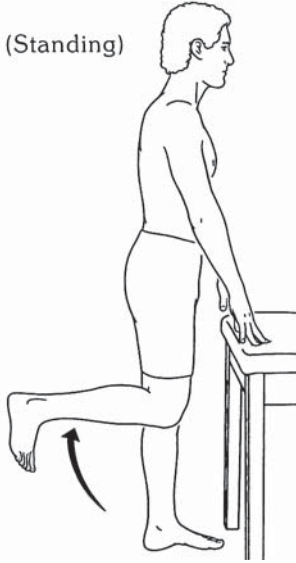
**Strengthening:** Knee Flexion (Standing)

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

Repeat 10-20 times per set.

Do 2-3 sets per session.

Do 1 sessions per day.



## HIP / KNEE - 40

**Stretching:** Hamstring (Sitting)

With RIGHT / LEFT leg straight,  
tuck other foot near groin.  
Reach down until stretch  
is felt in back of thigh.  
Keep back straight.

Hold 15 seconds.

Repeat 2 times per set.

Do 2 sets  
per session.

Do 1 sessions  
per day.

