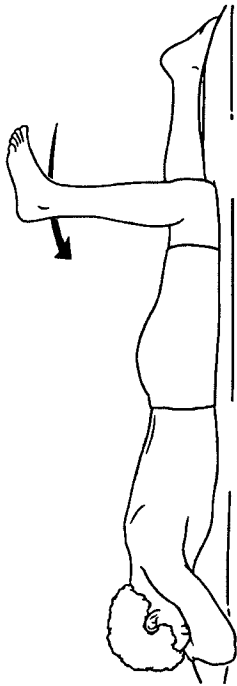


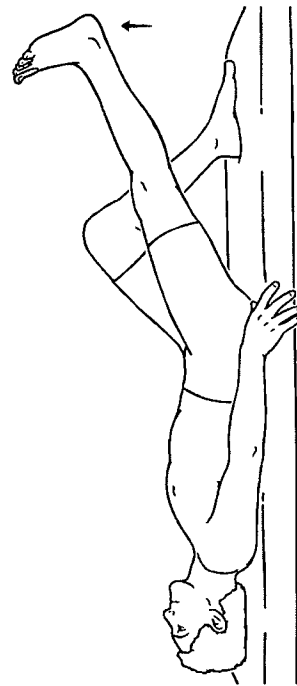
HIP / KNEE - 8 Self-Mobilization: Knee Flexion (Prone)



Bring heel toward buttocks as close as possible.  
Hold 30 seconds. Relax.

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

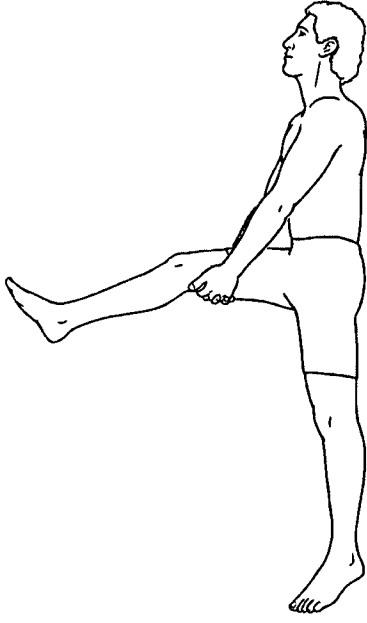
HIP / KNEE - 17 Strengthening: Straight Leg Raise  
(Phase I)



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.

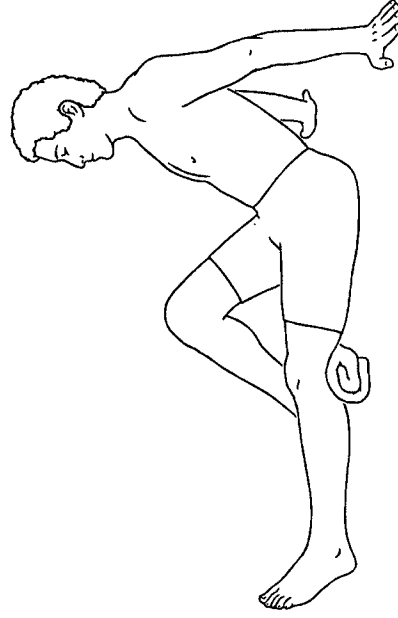
HIP / KNEE - 38 Stretching: Hamstring (Supine)



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 - 49 Quad Set: Slight Flexion



Tense muscles on top of thigh. Hold 5 seconds.

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