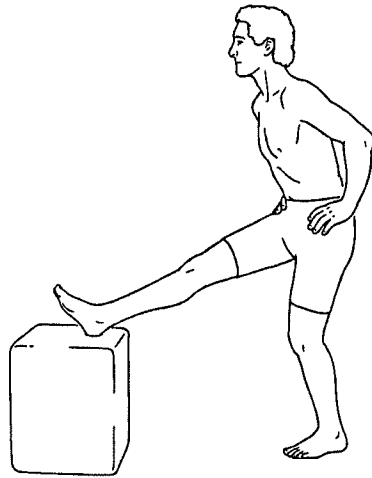


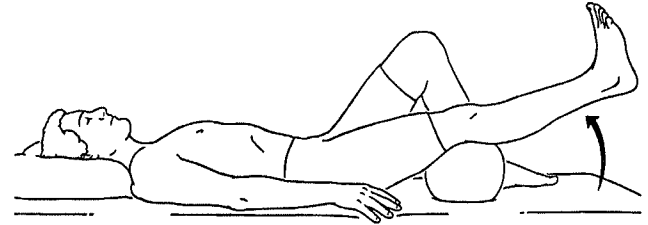
HIP / KNEE - 39 Stretching: Hamstring (Standing)

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 - 23 Strengthening: Terminal Knee Extension (Supine)

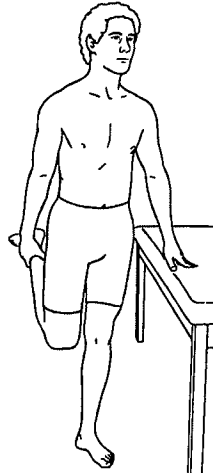


With knee over bolster, straighten knee by tightening
muscles on top of thigh. Hold for 3 counts and slowly lower.
Keep bottom of knee on bolster.

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

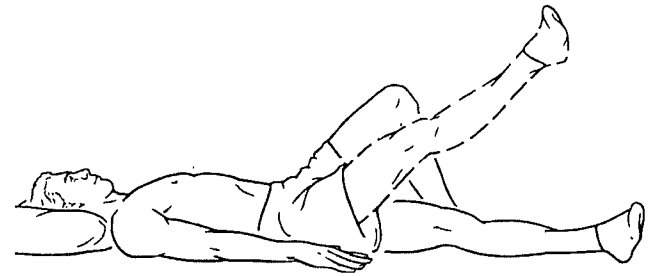
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

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

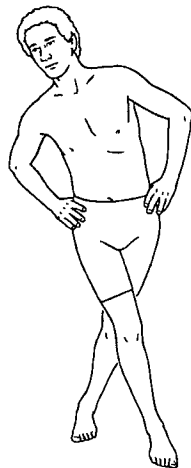


Lie on back with leg straight, opposite leg bent.
Rotate straight leg out and lift 6 inches.

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

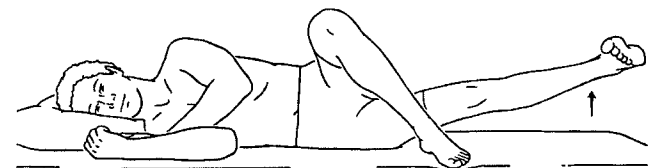
HIP / KNEE - 36 Stretching: Tensor

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 - 22 Strengthening: 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.