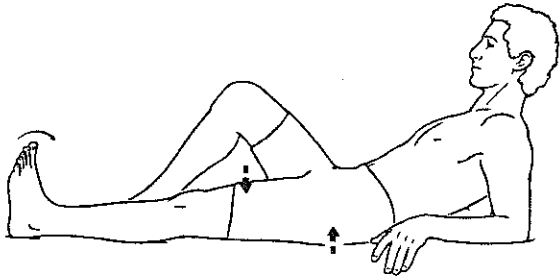


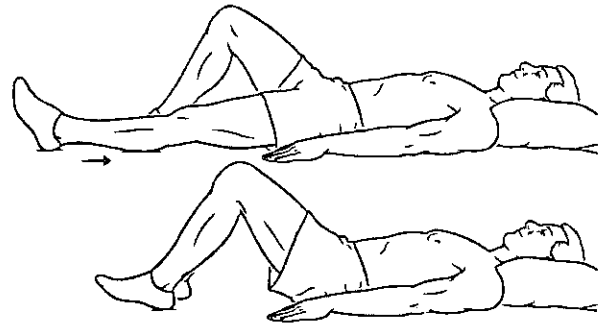
HIP / KNEE - 64 Antiemboli: Isometric



Pull toes toward left knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold 5 seconds.

Repeat 50 times per set. Do 2 sets per session.  
Do 3 sessions per day.

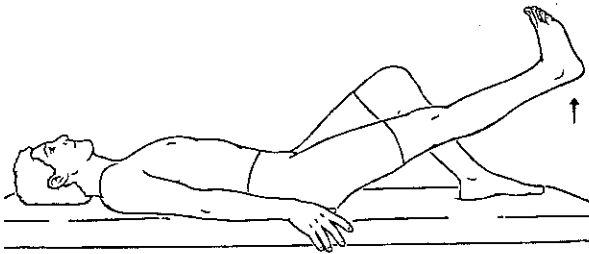
HIP / KNEE - 65 Self-Mobilization: Heel Slide (Supine)



Slide left heel toward buttocks until a gentle stretch is felt. Hold 0 seconds. Relax.

Repeat 50 times per set. Do 2 sets per session.  
Do 3 sessions per day.

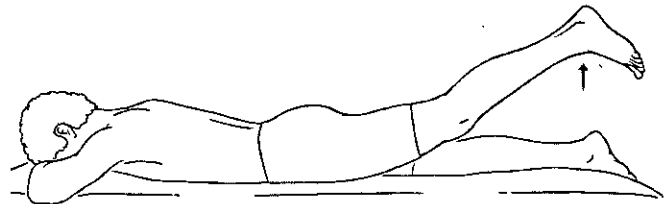
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of right thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat 15 times per set. Do 3 sets per session.  
Do 3 sessions per day.

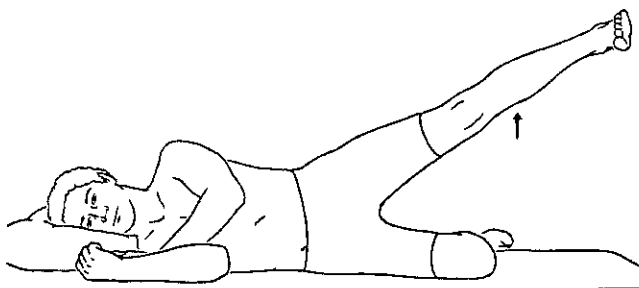
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of left thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat 15 times per set. Do 3 sets per session.  
Do 3 sessions per day.

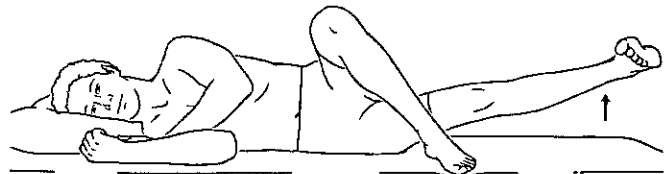
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat 15 times per set. Do 3 sets per session.  
Do 3 sessions per day.

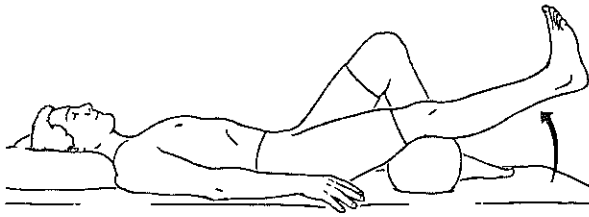
HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



Tighten muscles on front of right thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat 15 times per set. Do 3 sets per session.  
Do 3 sessions per day.

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

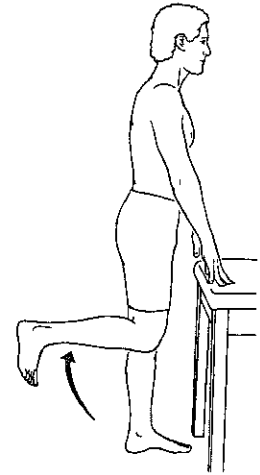


With right knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat 15 times per set. Do 3 sets per session.  
Do 3 sessions per day.

HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)

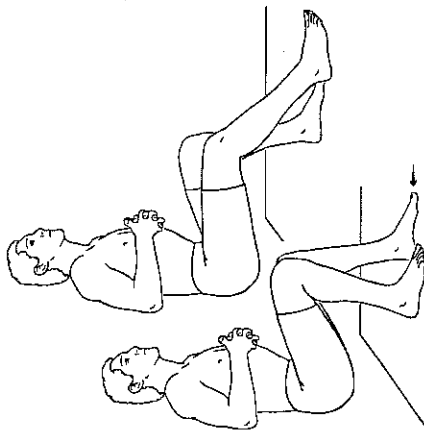
With support, bend right knee as far as possible.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 3 sessions per day.

HIP / KNEE - 47 Knee Wall Slide

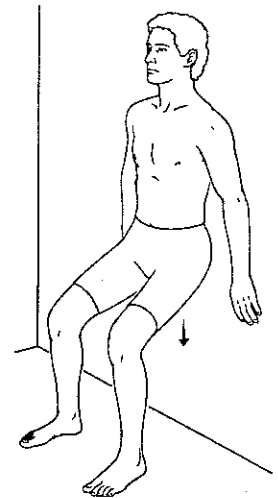
Slowly "walk" or slide feet on wall toward floor until stretch is felt in knees.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 3 sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

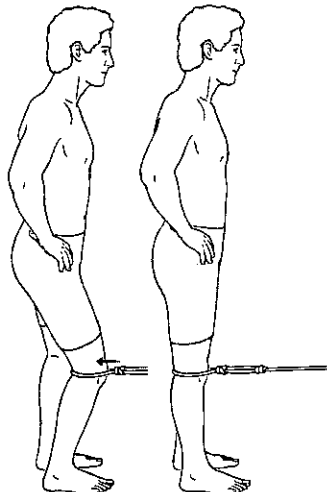
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 0 seconds. Tighten thigh muscles and return.



Repeat 30 times per set.  
Do 3 sets per session.  
Do 3 sessions per day.

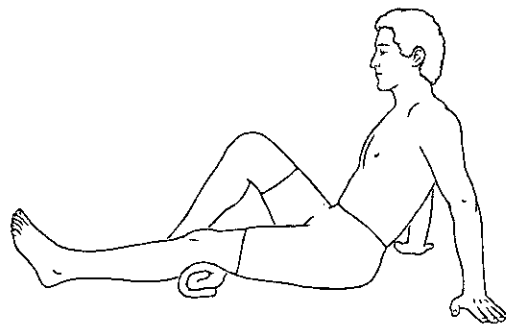
HIP / KNEE - 43 Terminal Knee Extension (Standing)

Facing anchor with right knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 3 sessions per day.

HIP / KNEE - 49 Quad Set: Slight Flexion



Tense muscles on top of left thigh. Hold 5 seconds.  
Repeat 50 times per set. Do 2 sets per session.  
Do 3 sessions per day.