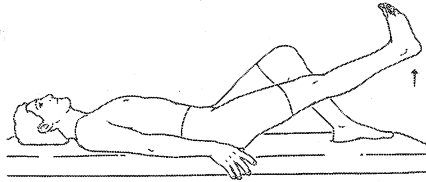




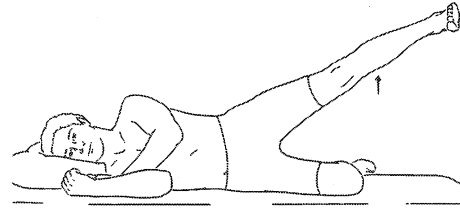
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



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

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

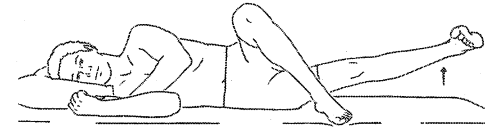
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



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

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

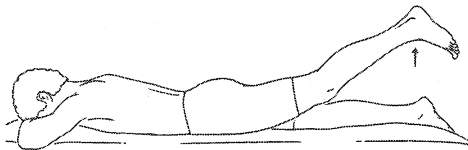
HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



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

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

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

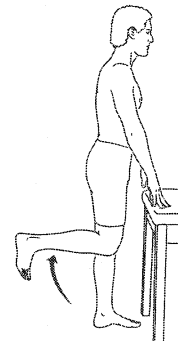


Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

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

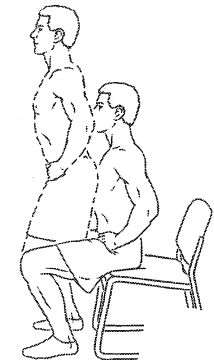
With support, bend **right** knee as far as possible.



Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

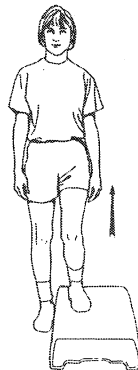
Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

LOWER EXTREMITY - 4 Quad Strength: Single-Leg Step-up

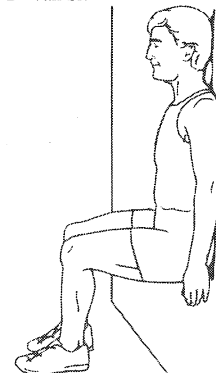
With foot of involved leg on step, straighten leg. Return.



Use _____ inch step. Repeat _____ times or for _____ minutes. Do _____ sessions per day.

LEGS: GLUTES / THIGHS - 2 Wall Sit

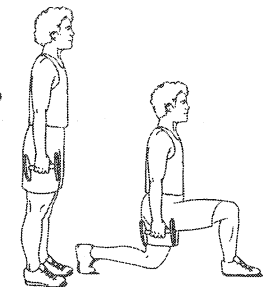
Back against wall, slide down so knees are at 90° angle. Hold _____ seconds.



Do _____ sets. Complete _____ repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

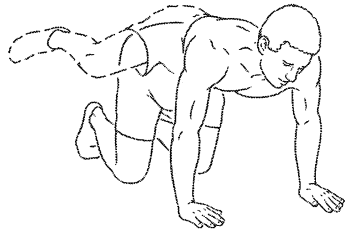
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do _____ sets. Complete _____ repetitions.

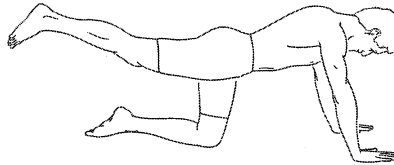


HIP / KNEE - 81 Hip Abduction (All-Fours)



Keeping knee bent, lift right hip out to side.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

BACK - 8 Hip Extension (All-Fours)

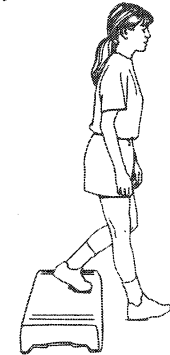


Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

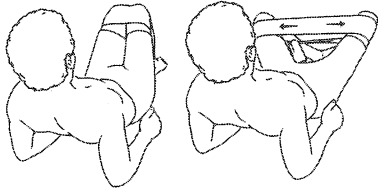
LOWER EXTREMITY - 8
Quad Strength, Proprioception: Step Over

Step forward with involved leg onto step. Step over with other leg, touching heel to ground with no weight on heel. Return to start.

Use _____ inch step.
Repeat _____ times
or for _____ minutes.
Do _____ sessions per day.



HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted



With band looped around both legs above knees, push thighs apart.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.