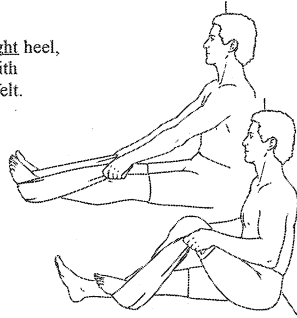




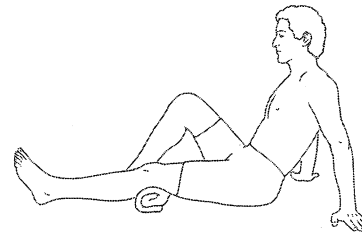
HIP / KNEE - 46 PROM: Knee Flexion

With towel around **right** heel, gently pull knee up with towel until stretch is felt. Hold _____ seconds.



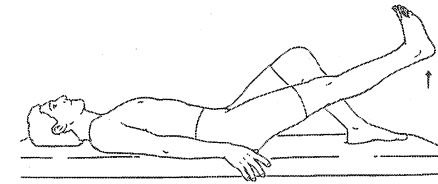
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 49 Quad Set: Slight Flexion



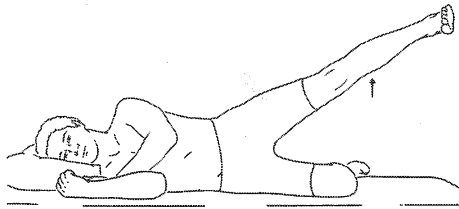
Tense muscles on top of **right** thigh. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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



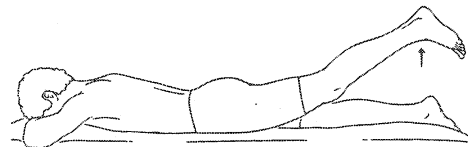
Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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 - 20 Strengthening: Hip Extension (Prone)



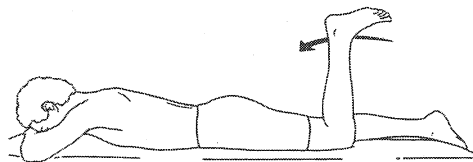
Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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



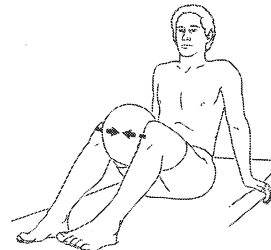
Tighten muscles on front of **right** thigh, then lift leg _____ inches from surface, keeping knee locked.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

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



Bring **right** heel toward buttocks as close as possible. Hold _____ seconds. Relax.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 16 Strengthening: Hip Adduction - Isometric



With ball or folded pillow between knees, squeeze knees together. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.