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HIP / KNEE - 6
Self-Mobilization: Seated Knee Flexion / Extension Stretch

Gently push involved leg back with good leg until you feel a stretch. Hold 5 seconds. Relax. With good leg underneath involved leg, slowly straighten leg out.



Repeat 30 times.
Do 5 sessions per day.

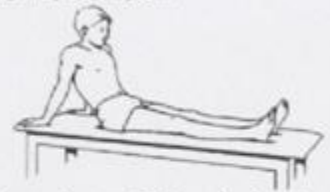
HIP / KNEE - 46
PRONE: Knee Flexion



With towel around heel, gently pull knee upwards with towel until stretch is felt.

Repeat 25 times per set. Do 1 sets per session.
Do 5 sessions per day.

HIP / KNEE - 11
Strengthening: Quadriceps Sets



Tighten muscles on top of thigh by pushing knees down into surface. Hold 5 seconds.

Repeat 30 times. Do 5 sessions per day.

HIP / KNEE - 63
Towel Calf Stretch



Sit with knee straight and towel looped around foot. Gently pull on towel until a comfortable stretch is felt in calf.

Hold 20 seconds. Repeat 5 times per set.
Do 1 sets per session. Do 5 sessions per day.

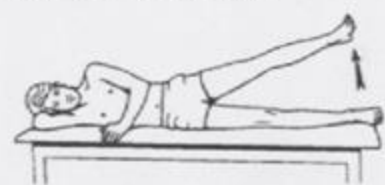
HIP / KNEE - 18
Strengthening: Straight Leg Raise, Phase II



Resting on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked.

Hold 2 seconds.
Repeat 20 times. Do 5 sessions per day.

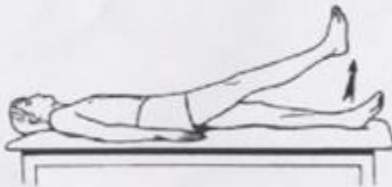
HIP / KNEE - 21
Strengthening: Side-Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 2 seconds.

Repeat 20 times. Do 5 sessions per day.

HIP / KNEE - 17
Leg Prop



Place object under heel to elevate leg. Keep toes pointing up. Pack knee in ice for 15 minutes 5 times per day.