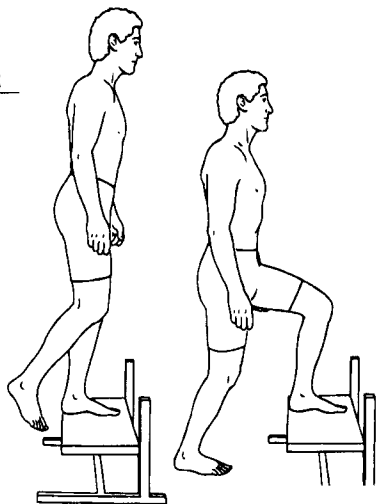


HIP / KNEE - 52 Step-Down / Step-Up

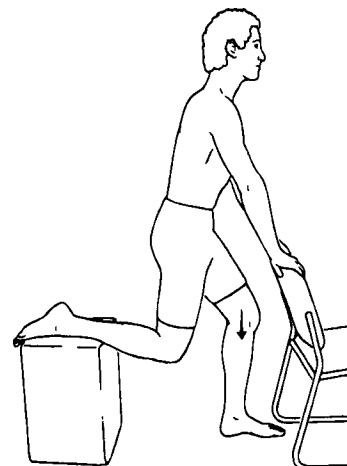
Stand on stair step or 6-8 inch stool. Slowly bend left leg, lowering other foot to floor. Return by straightening front leg.



Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.

HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

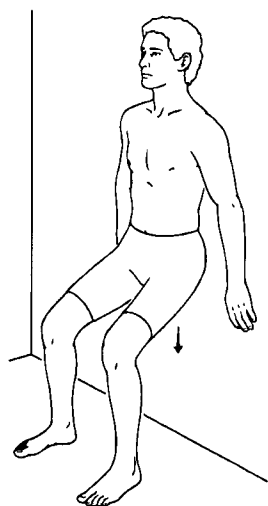
With right leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg. Hold 10 seconds.



Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.

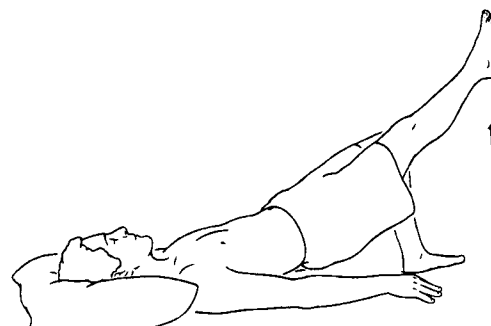
HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 10-15 seconds. Tighten thigh muscles and return.



Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.

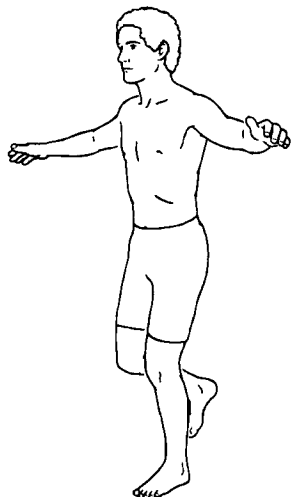
TRUNK STABILITY - 13 Bridging: with Straight Leg Raise



With legs bent, lift buttocks 6 inches from floor. Then slowly extend right knee, keeping stomach tight.
Repeat 10 times per set. Do 2-3 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

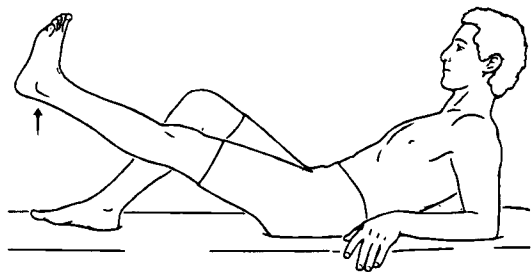
Attempt to balance on left leg, eyes open. Hold _____ seconds.



Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.

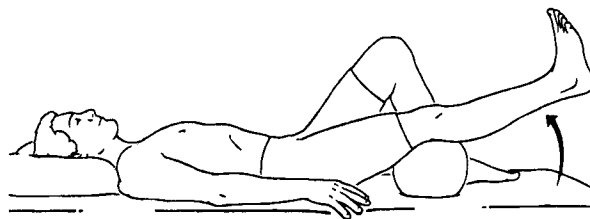
X Perform exercise with eyes closed.

HIP / KNEE - 18 Strengthening: Straight Leg Raise
(Phase 2)



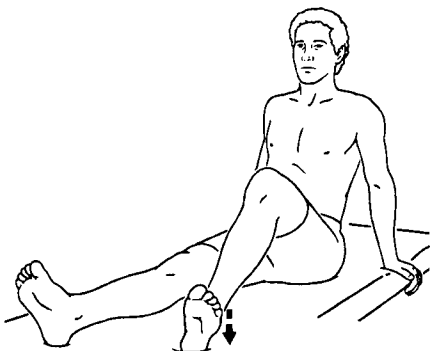
Resting on forearms, tighten muscles on front of right thigh, then lift leg 10 inches from surface, keeping knee locked. Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

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 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

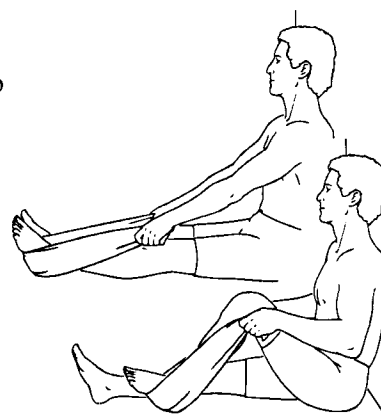
HIP / KNEE - 13 Strengthening: Hamstring Set



With right foot turned out, tighten muscles on back of thigh by pulling heel down into surface. Hold 10 seconds. Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion

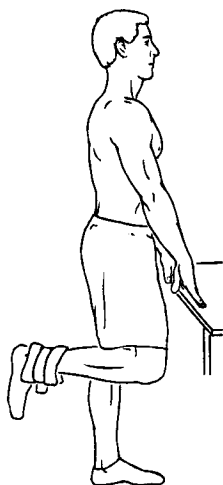
With towel around right heel, gently pull knee up with towel until stretch is felt. Hold 5 seconds.



Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HIP / KNEE - 80 Knee Flexion: Resisted (Standing)

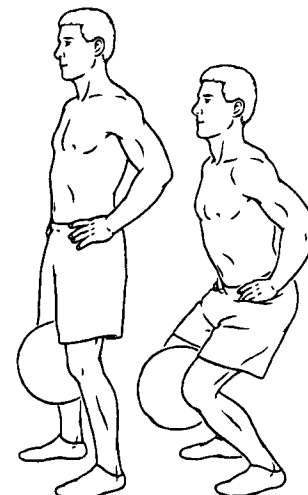
With support, 0-5 pound weight around right ankle, slowly bend knee up. Return slowly.



Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.

HIP / KNEE - 75 Mini Squat: With Ball Squeeze

Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.



Repeat 10 times per set. Do 2-3 sets per session. Do 1 sessions per day.