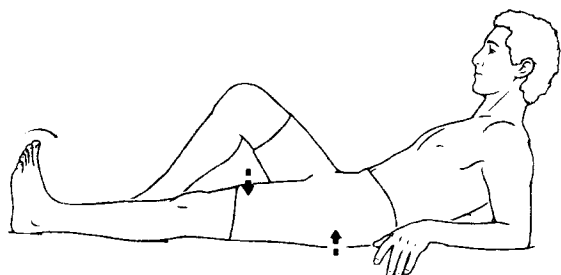


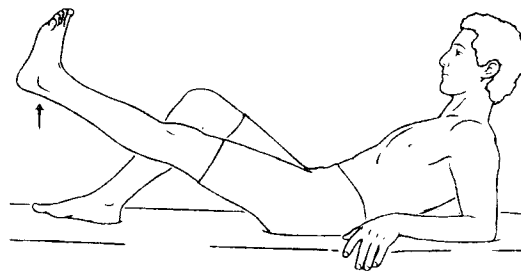
HIP / KNEE - 64 Antiemboli: Isometric



Pull toes toward right knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold 10 seconds.

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

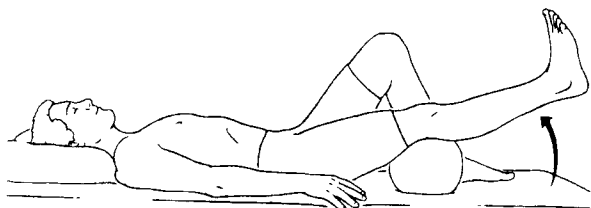
HIP / KNEE - 18 Strengthening: Straight Leg Raise (Phase 2)



Resting on forearms, tighten muscles on front of right thigh, then lift leg 24 inches from surface, keeping knee locked.

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

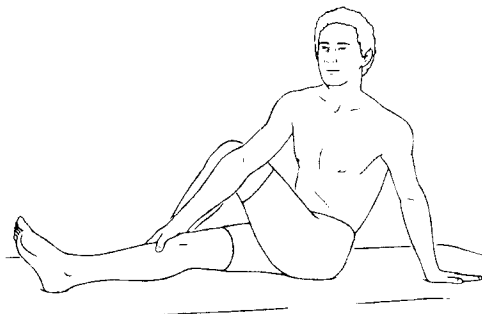
HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)



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 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 35 Stretching: Piriformis

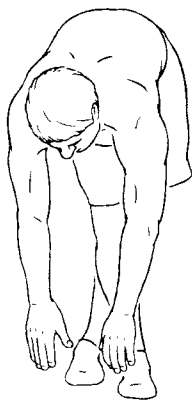


Cross right leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 10 seconds.

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

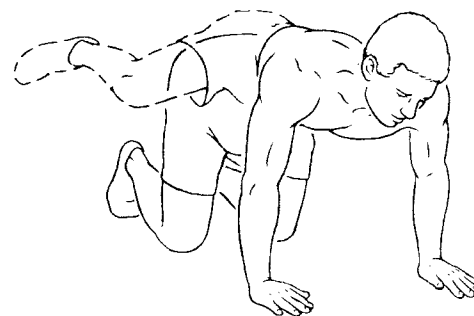
HIP / KNEE - 67 Stretching: Iliotibial Band

Cross right leg behind other leg. Bend at waist, reaching toward floor. Hold 10 seconds. Relax.



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

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



Keeping knee bent, lift right hip out to side.

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