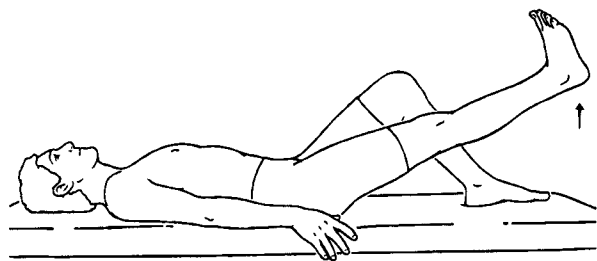
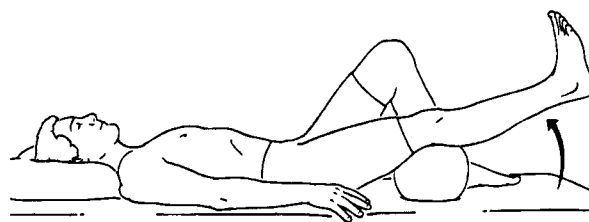


HIP / KNEE - 17 Strengthening: Straight Leg Raise
(Phase 1)



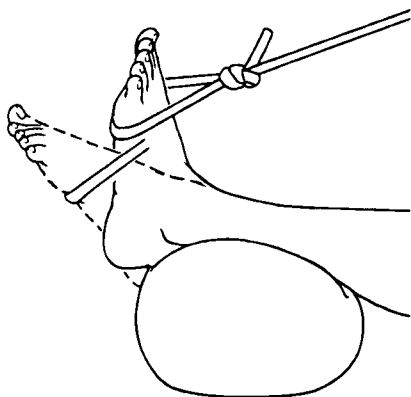
Tighten muscles on front of left thigh, then lift leg
24 inches from surface, keeping knee locked.
Repeat 10 times per set. Do 2-3 sets per session.
Do 1 sessions per day.

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



With left 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.

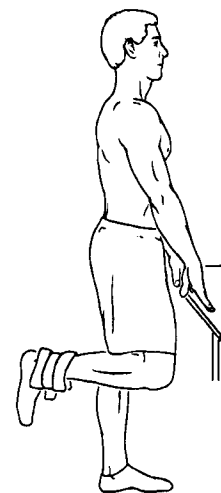
ANKLE / FOOT - 6 Plantar Flexion: Resisted



Anchor behind, tubing around left foot, press down.
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.