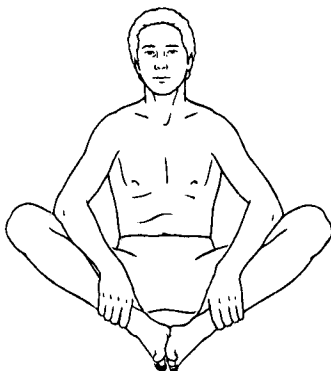


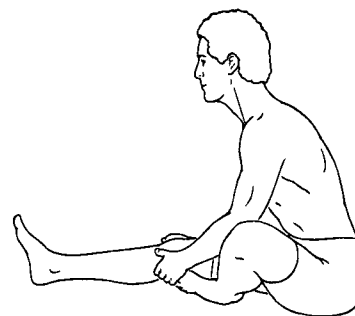
HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 10 seconds.



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

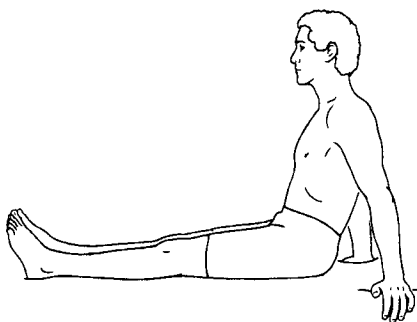
HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 10 seconds.

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

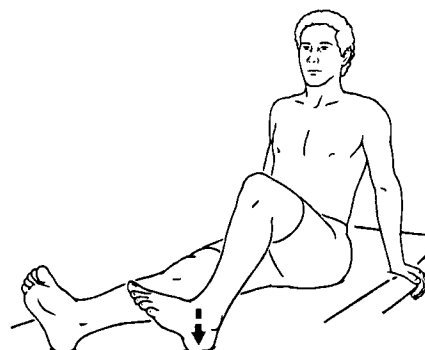
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.

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

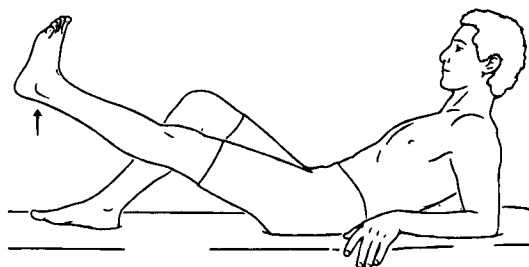
HIP / KNEE - 12 Strengthening: Hamstring Set



With right foot turned in, tighten muscles on back of thigh by pulling heel down into surface. Hold 10 seconds.

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

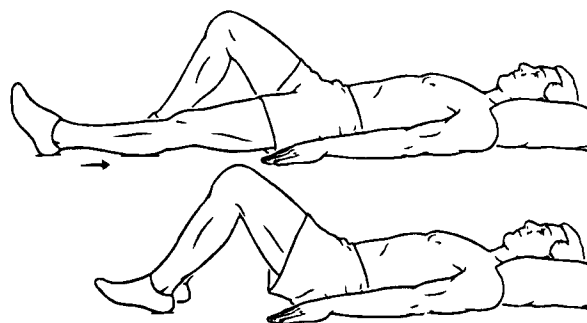
HIP / KNEE - 18 Strengthening: Straight Leg Raise (Phase 2)



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 - 65 Self-Mobilization: Heel Slide (Supine)



Slide right heel toward buttocks until a gentle stretch is felt. Hold 10 seconds. Relax.

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