

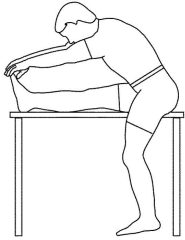


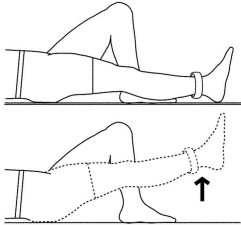


Comment:

General Knee

<p>Stretch Quads stand/squat</p>  <ul style="list-style-type: none"> • Stand on right leg with left knee bent and foot on chair. • Tighten abdominals to flatten back. • Bend right leg to stretch the left quadriceps. • Straighten right leg and repeat. • Repeat stretch for the right leg. <p>Special Instructions: Do not allow pelvic area to move forward. Perform 1 set of 3 Minutes, once a day.</p>	<p>Stretch Gastroc/Soleus bil standing</p>  <ul style="list-style-type: none"> • Stand with balls of feet on a step, using banister to steady yourself. • Keeping knees slightly bent, gently lower heels. <p>Special Instructions: Progress to performing with straight knees. Perform 1 set of 3 Minutes, once a day.</p>
<p>Stretch hamstring uni long sitting</p>  <ul style="list-style-type: none"> • Sit on firm surface with one leg out in front. • Slowly lean forward, trying to touch toes. <p>Perform 1 set of 3 Minutes, once a day.</p>	<p>Stretch IT/TFL stand at wall</p>  <ul style="list-style-type: none"> • Stand next to wall, about a foot away, involved leg toward wall. • Cross over the uninvolved leg in front, and lean hip into wall, as shown. <p>Perform 1 set of 3 Minutes, once a day.</p>
<p>AROM ankle PF uni stand on step</p>  <ul style="list-style-type: none"> • Stand on step with involved foot, holding on to banister for balance. • Push up on ball of foot. • Return to start position and repeat. <p>Perform 3 sets of 20 Repetitions, once a day.</p>	<p>Resist hip flx (SLR) supine w/wt</p>  <ul style="list-style-type: none"> • Lie on back with uninvolved knee bent as shown. • Place weight on ankle of involved leg. • Raise straight leg to thigh level of bent leg. • Return to starting position. <p>Perform 3 sets of 10 Repetitions, once a day. Perform 1 repetition every 4 Seconds.</p>

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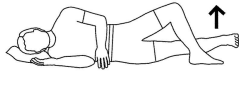
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AROM hip add sidelying



- Lie on involved side.
- Bend knee of upper leg, placing foot flat on floor in front of lower leg.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.

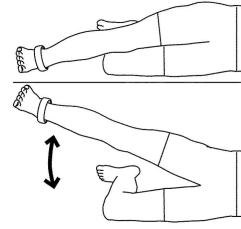
Special Instructions:

Try not to move pelvic area during the leg lift.

Perform 3 sets of 20 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Resist hip abd sidelying w/wt

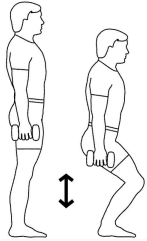


- Lie on uninvolved side, knee bent.
- Keep involved leg straight, weight on ankle.
- Lift leg upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Resist knee squat bil full w/wt



- Stand on both legs.
- Hold weights in both hands.
- Bend knees to 90 degrees.
- Straighten knees.
- Repeat.

Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

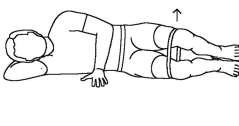
AROM hip/knee stance uni



- Stand on right leg with foot of left leg braced against lower thigh and knee as shown.
- Practice maintaining balance.
- Repeat standing on left leg.

Perform 5 sets of 1 Minute, once a day.

Resist hip ER sidelying w/elastic



- Lie on right side with knees bent and elastic looped around thighs just above knees.
- Keep heels together and lift left knee upward.
- Lower and repeat.
- Repeat series lying on left side and raising right leg.

Perform 3 sets of 20 Repetitions, once a day.

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Comment:

General Knee

Stretch Quads stand/squat



Perform 1 set of 3 Minutes, once a day.

Stretch Gastroc/Soleus bil standing



Perform 1 set of 3 Minutes, once a day.

Stretch hamstring uni long sitting



Perform 1 set of 3 Minutes, once a day.

Stretch IT/TFL stand at wall



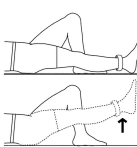
Perform 1 set of 3 Minutes, once a day.

AROM ankle PF uni stand on step



Perform 3 sets of 20 Repetitions, once a day.

Resist hip flx (SLR) supine w/wt



Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

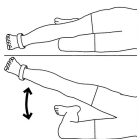
AROM hip add sidelying



Perform 3 sets of 20 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Resist hip abd sidelying w/wt



Perform 3 sets of 10 Repetitions, once a day.

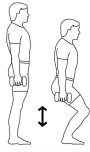
Perform 1 repetition every 4 Seconds.

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Resist knee squat bil full w/wt



Perform 3 sets of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM hip/knee stance uni



Perform 5 sets of 1 Minute, once a day.

Resist hip ER sidelying w/elastic



Perform 3 sets of 20 Repetitions, once a day.

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