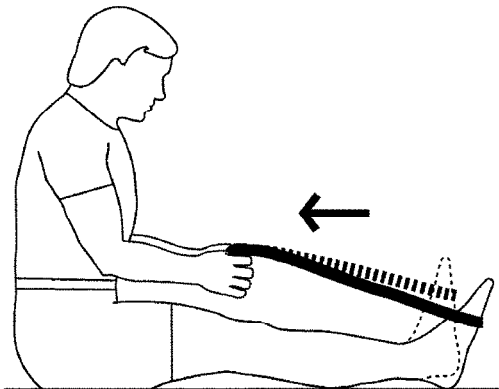


Stretch Gastroc sit w/towel

- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

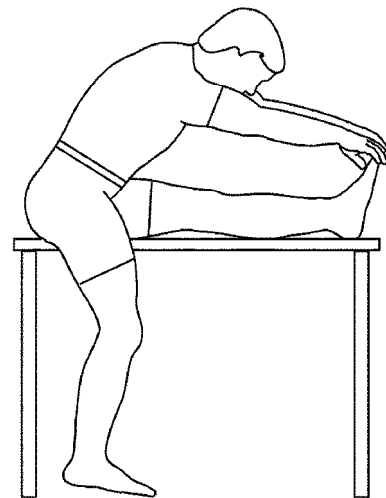


Stretch hamstring uni long sitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 10 Seconds.

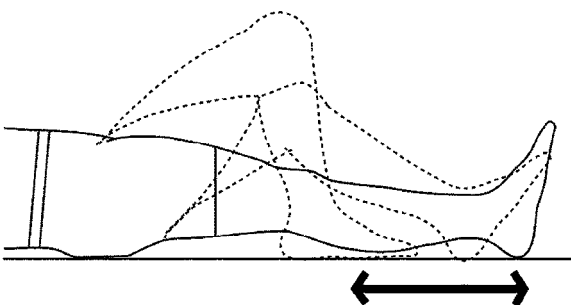


AROM hip/knee flex (heel slides)

- Lie on back with legs straight.
- Slide heel up to buttocks.
- Return to start position.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

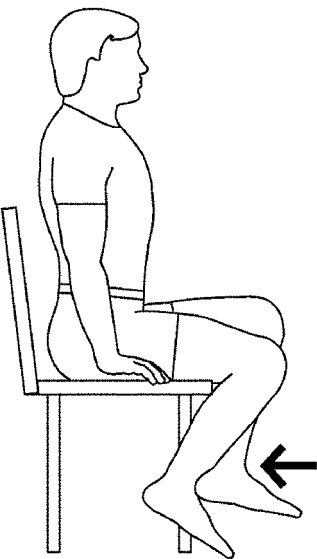


AAROM knee flex sit w/self

- Sit in chair.
- Move heel of involved leg under chair.
- Place other leg in front and push back.
- Hold stretch, relax, and repeat.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

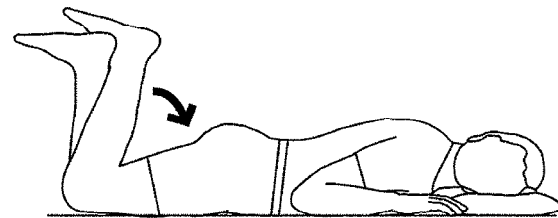


Stretch knee flex prone

- Lie face down.
- Bend knee of involved leg.
- Place ankle of uninvolved leg behind foot of involved leg.
- Gently push involved leg forward until stretch is felt.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

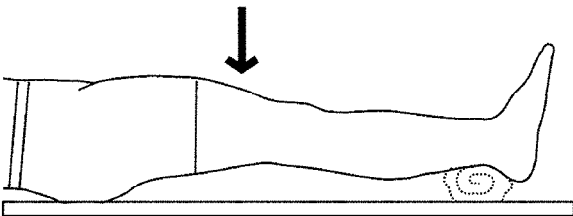


Stretch knee ext supine

- Lie face up, ankle supported on towel roll.
- Relax leg and allow gravity to straighten leg.

Special Instructions:  
Do this while watching TV or reading a book.

Perform 1 set of 10 Minutes,  
twice a day.



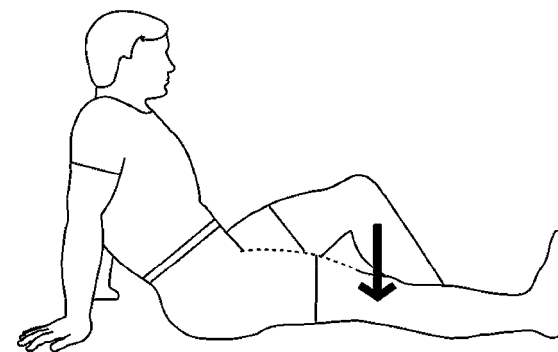
Iso knee ext sit (quad sets)

- Sit with leg extended.
- Tighten quad muscles on front of leg, trying to push back of knee downward.

Special Instructions:  
Do not hold breath.

Perform 1 set of 10 Repetitions,  
twice a day.

Hold exercise for 10 Seconds.



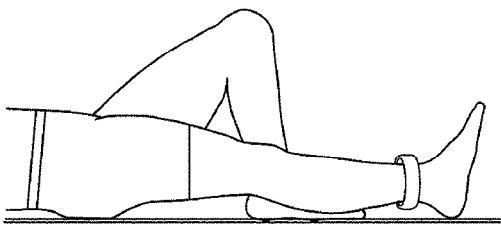
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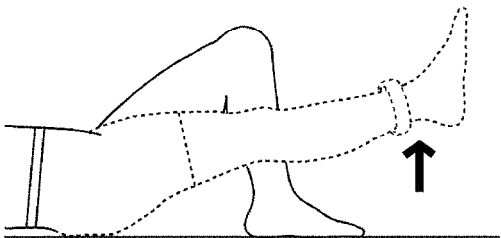
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Resist hip flx (SLR) supine w/wt



- 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.

Perform 2 sets of 10 Repetitions,  
once a day.



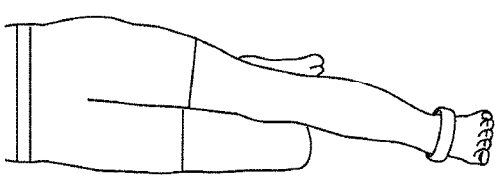
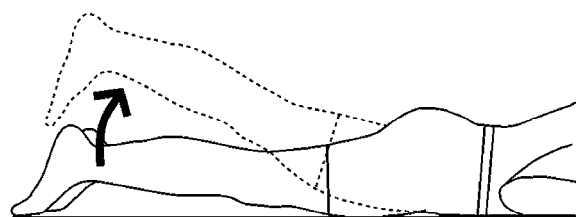
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.

AROM hip ext prone straight leg

- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

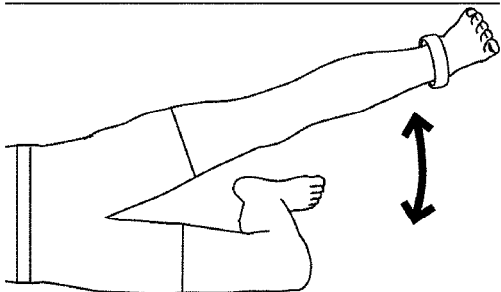
Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 3 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 2 sets of 10 Repetitions,  
once a day.

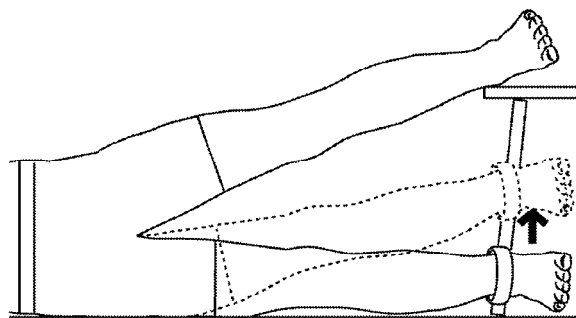
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.

Resist hip add sidelying w/wt

- Lie on involved side.
- Support uninvolved leg on chair as shown.
- Keep involved leg straight, weight on ankle.
- Lift leg upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,  
once a day.

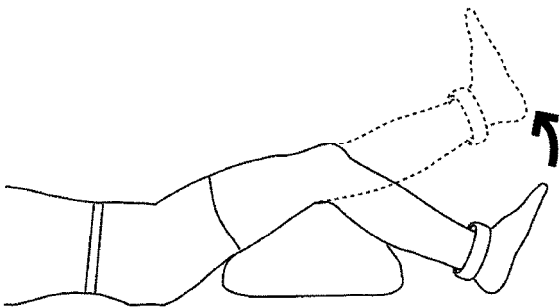
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.



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Resist knee ext (SAQ) w/wt

- Place weight on ankle of involved leg.
- Position knee over pillow, bending to about 30 degrees, as shown.
- Straighten knee fully.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,  
once a day.

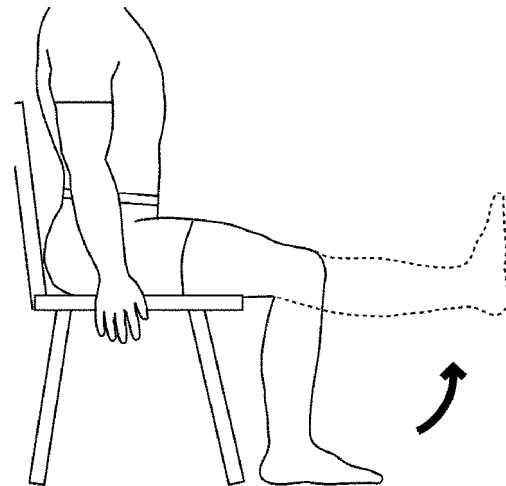
Use 1-5 Lbs.  
Hold exercise for 3 Seconds.

AROM knee ext (LAQ) sit

- Sit, with involved leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Return to start position.

Perform 2 sets of 10 Repetitions,  
once a day.

Hold exercise for 3 Seconds.



AROM knee flx prone

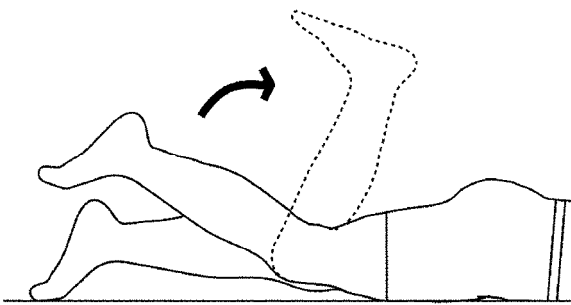
- Lie face down, legs straight.
- Bend involved knee upward.
- Return to start position.

Special Instructions:

Do not let buttocks or hips raise upward.

Perform 1 set of 10 Repetitions,  
once a day.

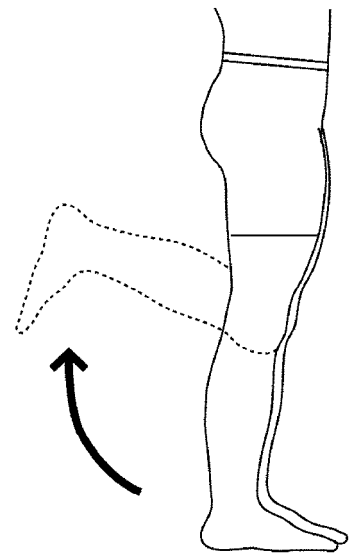
Hold exercise for 10 Seconds.



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AROM knee flex uni standing

- Stand, bend involved leg toward hip through full range.
- Return to starting position.
- Do not bend leg at hips.

Perform 1 set of 10 Repetitions,  
once a day.

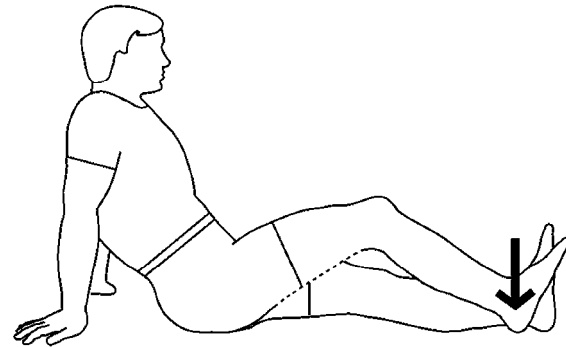
Hold exercise for 5 Seconds.

Iso knee flex sit (hamstring sets)

- Sit with leg extended.
- Without moving leg, tighten muscles on back of leg, trying to push heel down.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.

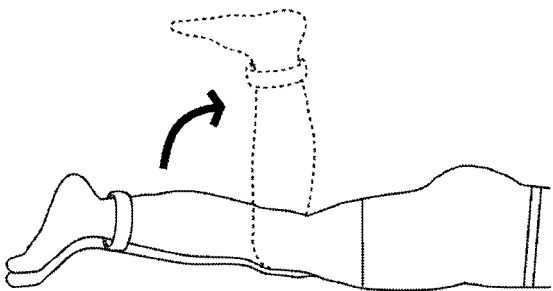


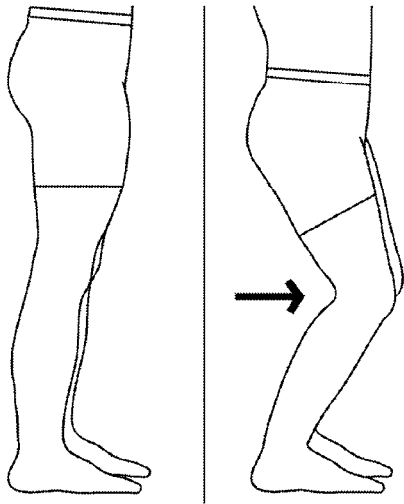
Resist knee flex uni prone w/wt

- Lie face down.
- Place weight on ankle of involved leg.
- Begin with knee straight.
- Bend knee through available range.
- Return to starting position.

Perform 2 sets of 10 Repetitions,  
once a day.

Use 1-5 Lbs.  
Hold exercise for 3 Seconds.





AROM knee squat bil partial

- Stand on both legs.
- Use wall or secure object to maintain balance if needed.
- Bend knees to 45 degrees.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

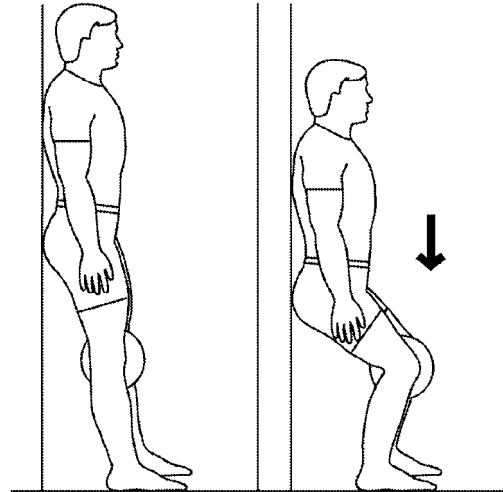
Hold exercise for 5 Seconds.

AROM knee wall slide bil for VMO

- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Place pillow between knees.
- Bend knees to 45 degrees.
- Hold for 5 seconds.
- Return to starting position.

Perform 1 set of 10 Repetitions,  
once a day.

Hold exercise for 5 Seconds.



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