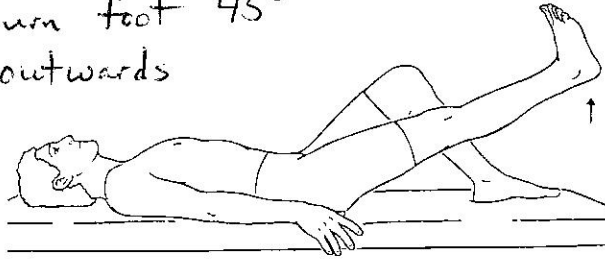


HIP / KNEE - 17 Strengthening: Straight Leg Raise
(Phase 1)

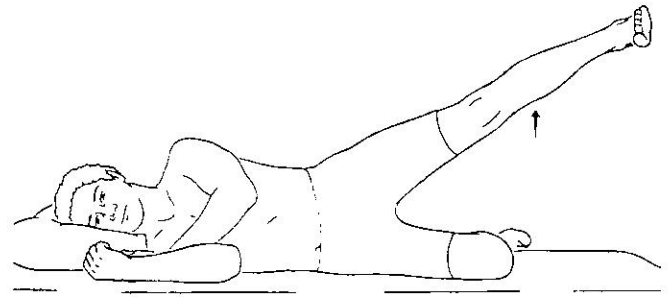
Turn foot 45°
outwards



Tighten muscles on front of right thigh, then lift leg
16 inches from surface, keeping knee locked.

Repeat 20-30 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction
(Side-Lying)

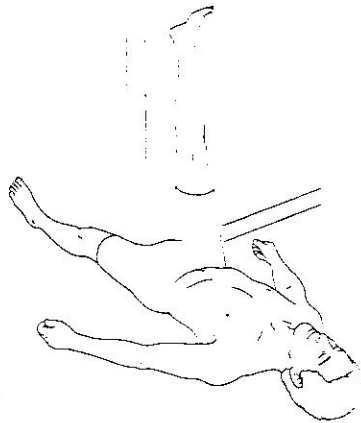


Tighten muscles on front of right thigh, then lift leg
12 inches from surface, keeping knee locked.

Repeat 20-30 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 33 Stretching: Hamstring - Wall

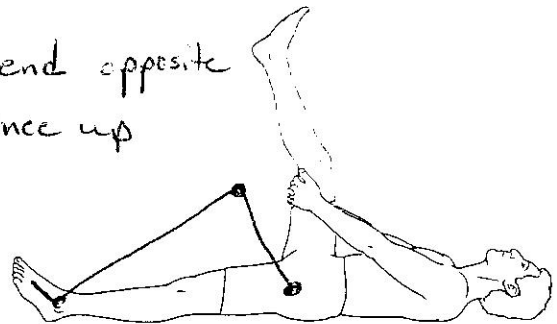
Lying on floor with right
leg on wall, other leg
through doorway, scoot
buttocks toward wall until
stretch is felt in back of
thigh. As leg relaxes, scoot
closer to wall. Hold 30
seconds.



Repeat 4 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

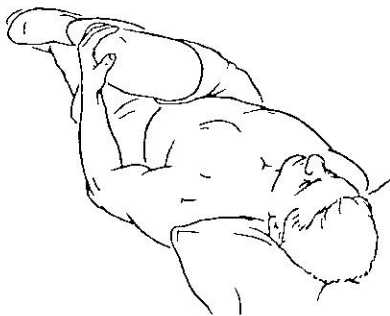
Bend opposite
knee up



Supporting right thigh behind knee, slowly straighten knee
until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 4 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)

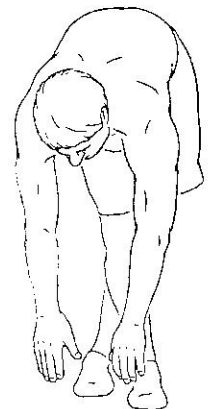


Pull right knee toward opposite shoulder. Hold 30
seconds. Relax.

Repeat 4 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross right leg behind other leg.
Bend at waist, reaching toward
floor. Hold 30 seconds. Relax.



Repeat 4 times per set.
Do 1 sets per session.
Do 2 sessions per day.