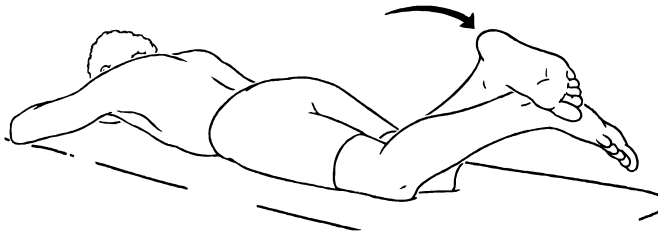


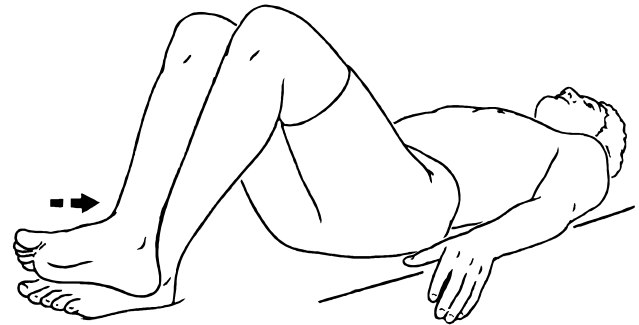
HIP / KNEE - 7 Self-Mobilization: Knee Extension (Prone)



Using other leg, gently push left leg straight until a stretch is felt. Hold 30 seconds. Relax.

Do 2 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 9 Self-Mobilization: Knee Flexion (Hook-Lying)



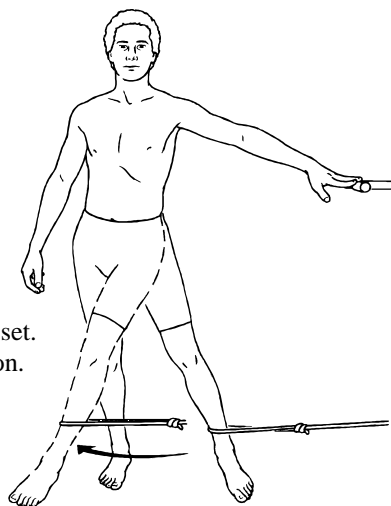
Bend left knee as far as possible, then use other leg to gently push until stretch is felt. Hold 30 seconds. Relax.

Do 2 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

With tubing around left leg, bring leg across body.

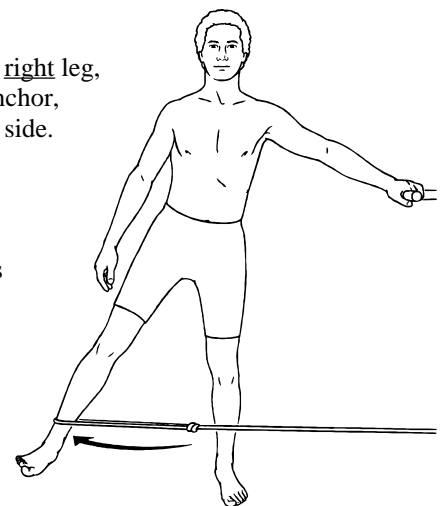
Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.



HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around right leg, other side toward anchor, extend leg out from side.

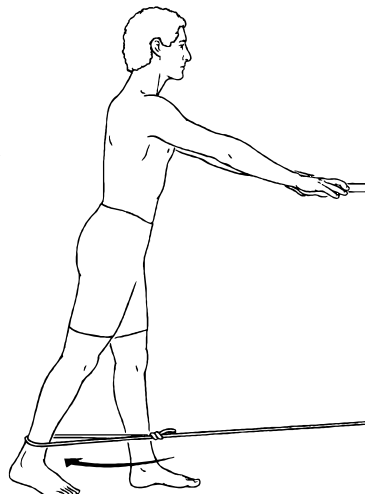
Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.



HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around right ankle, face anchor and pull leg straight back.

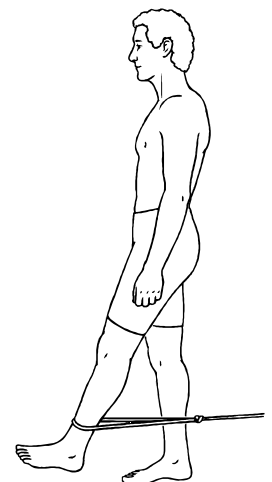
Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.



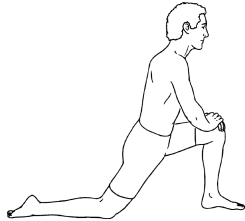
HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

With tubing around left ankle, anchor behind, bring leg forward, keeping knee straight.

Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.



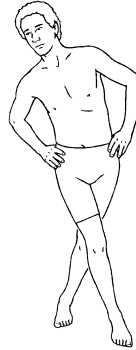
HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

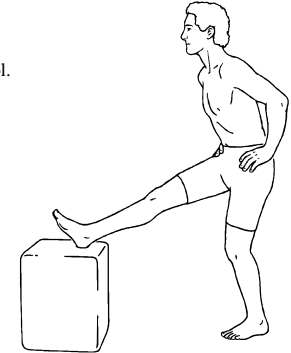
HIP / KNEE - 36 Stretching: Tensor



Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

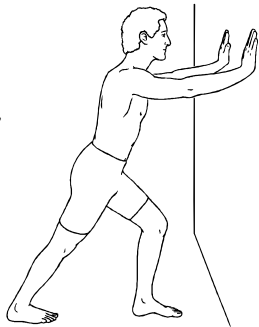
HIP / KNEE - 39 Stretching: Hamstring (Standing)



Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

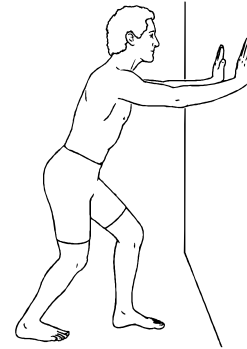
HIP / KNEE - 41 Stretching: Gastroc



Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 42 Stretching: Soleus



Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

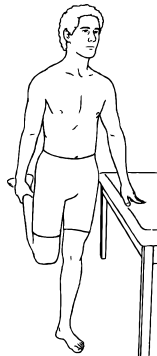
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)



Pull right heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

Do 2 sets per session.  
Do 1 sessions per day.