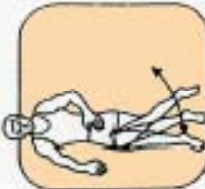




### 1. QUADRICEPS SET:

Tighten the muscle on the front of thigh by pushing knee down so leg is as straight as possible. Hold for count of 5. Repeat.



### 6. HIP ADDICTION:

Lie on affected side with good leg extended behind. Lift affected leg up toward ceiling. Lower slowly. Relax. Repeat.



### 11. SHORT RANGE SQUAT:

Stand supported with hands on the back of a chair or table. Slowly bend knees 30-45 degrees and straighten again. Repeat.



### 2. HAMSTRING SET:

Tighten the muscle on the back of your thighs by pulling your heel back and slightly bending your knee. Hold for count of 5. Repeat.



### 7. PRONE EXTENSION:

Lie on your stomach and lift affected leg as high as possible keeping leg straight and pelvis flat on the floor. Lower slowly. Repeat.



### 12. KNEE FLEXION/EXTENSION II:

Sit up straight in chair & plant feet so affected knee feels a slight stretch. Keep feet planted and scoot forward in chair. Hold the stretch. Scoot further. Hold. Repeat 10 times, then back off & massage knee.



### 3. GLUTEAL SET:

Pinch your buttocks together and hold for a count of 5. Repeat.



### 8. KNEE FLEXION/EXTENSION I:

Lying on back, slide heel up towards buttock. Hold the stretch. Repeat.



### 13. FULL ARC QUADS:

Sit upright in a chair or on the edge of bed with your feet back as far as is comfortable. Extend leg until knee is straight as possible. Lower slowly. Repeat.



### 4. STRAIGHT LEG RAISE:

Bend opposite leg up and plant your foot. Tighten quadriceps muscle so affected leg is as straight as possible & lift to height of other knee. Hold. Lower slowly. Repeat.



### 9. KNEE FLEXION/EXTENSION WITH WEIGHTS:

Position yourself either lying face down or standing up holding onto a table. Secure cuff weight around ankle & bend knee, bringing heel towards buttock. Lower slowly. Repeat.



### 14. HAMSTRING STRETCH:

Stand erect with good posture. Place heel of affected leg on a footstool. Lean forward extending chest toward leg keeping your back straight. Hold for count of 5. Repeat.



### 5. HIP ABDUCTION:

Lay on good side. Lift affected leg up 18" and lower slowly. Repeat.



### 10. SHORT ARC QUADS:

Put a pillow or a firm towel roll under knee. Lift foot up until leg is straight. Lower slowly. Repeat.



### 15. CALF STRETCH:

Stand 2-3 feet from wall. Lean forward onto hands as shown. Keep back foot flat. Push forward until you feel stretch. Hold. Repeat.