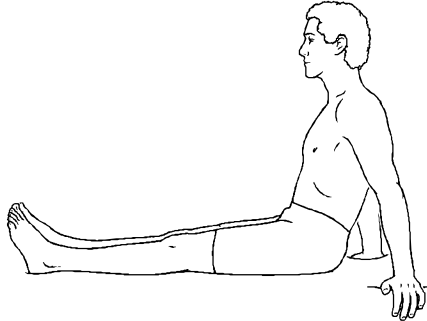


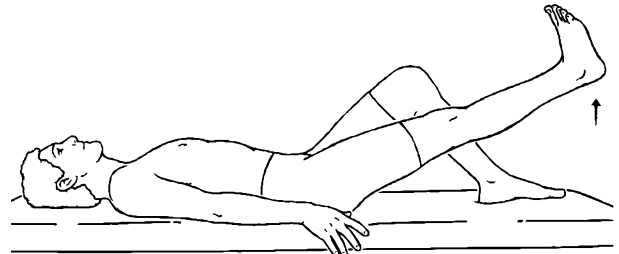
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of involved thigh by pushing knee down into surface. Hold 10 seconds.

Repeat 10 times per set. Do 3 sets per session.
 Do 5 sessions per day.

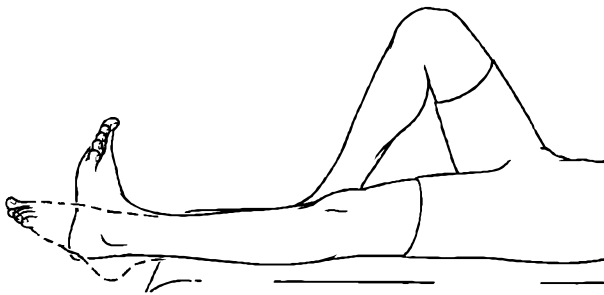
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



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

Repeat 10 times per set. Do 3 sets per session.
 Do 5 sessions per day.

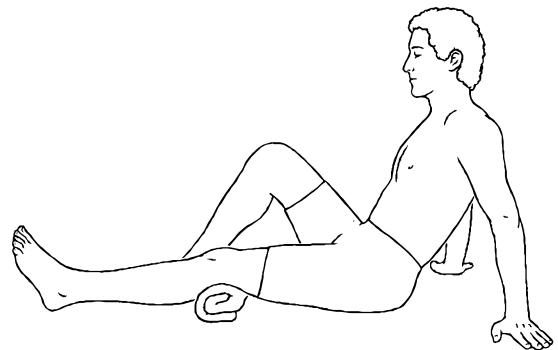
ANKLE / FOOT - 18 ROM: Plantar / Dorsiflexion



With involved leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.

Repeat 10 times per set. Do 3 sets per session.
 Do 5 sessions per day.

HIP / KNEE - 49 Quad Set: Slight Flexion

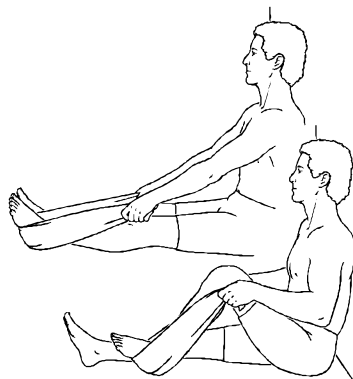


Tense muscles on top of involved thigh. Hold 10 seconds.

Repeat 10 times per set. Do 3 sets per session.
 Do 5 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion

With towel around involved heel, gently pull knee up with towel until stretch is felt. Hold 10 seconds.



Repeat 10 times per set.
 Do 3 sets per session.
 Do 5 sessions per day.