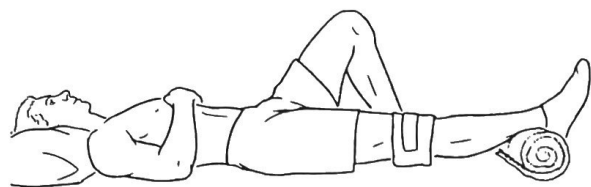


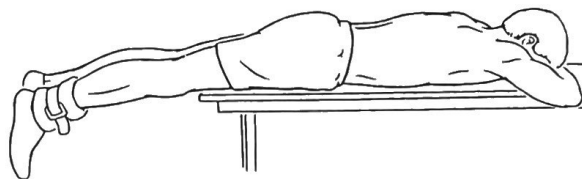
HIP / KNEE - 70 Knee Extension Mobilization: Towel Prop



With rolled towel under right ankle, place \_\_\_\_\_ pound weight across knee. Hold 1-2 minutes.

Repeat 2-3 times per set. Do 1 sets per session. Do 2-3 sessions per day.

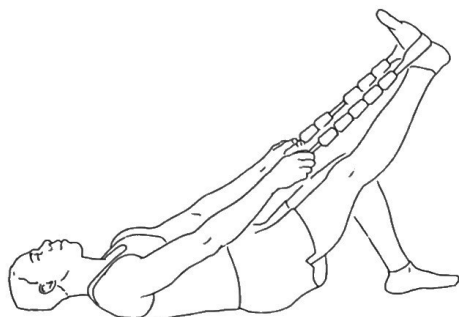
HIP / KNEE - 71 Knee Extension Mobilization: Hang (Prone)



With table supporting thighs, place \_\_\_\_\_ pound weight on right ankle. Hold 1-2 minutes.

Repeat 2-3 times per set. Do 1 sets per session. Do 2-3 sessions per day.

HAMSTRING - 6 Supine: Leg Stretch With Strap (Basic)



Lie on back with one knee bent, foot flat on floor. Hook strap around other foot. Straighten knee. Keep knee level with other knee. Hold 30 seconds. Relax leg completely down to floor.

Repeat 2-3 times per session. Do 2-3 sessions per day.

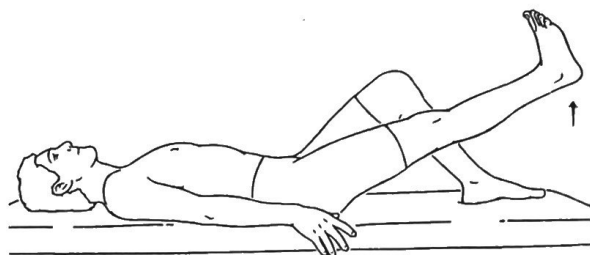
CALVES / HEELS / FEET - 24 Gastroc, Standing

Stand, right foot behind, heel on floor and turned slightly out, leg straight, forward leg bent. Keeping arms straight, push pelvis forward until stretch is felt in calf. Hold 30 seconds.



Repeat 2-3 times per session. Do 2-3 sessions per day.

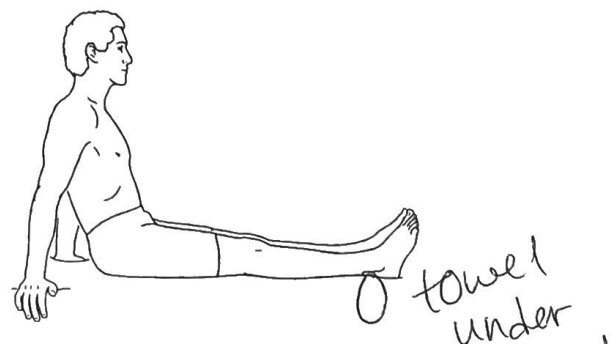
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



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

Repeat 10-15 times per set. Do 1-2 sets per session. Do 1 sessions per day.

HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into heel surface. Hold 3-5 seconds.

Repeat 10-15 times per set. Do 1-2 sets per session. Do 2-3 sessions per day.