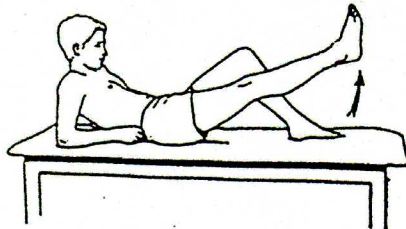


PATIENT NAME: _____

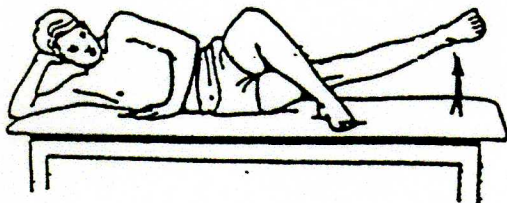
DATE: _____

HIP and KNEE – 13 Strengthening
Straight Leg Raise, Phase II



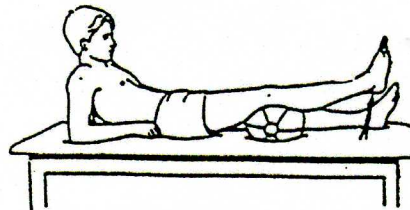
Rest on forearms, tighten muscle on front of thigh, then lift 8 – 10 inches from surface, keeping knee locked. Hold 1 second. Repeat 30 times. Do 2 sessions per day.

HIP and KNEE – 22 Strengthening
Side-Lying Hip Adduction



Lying on side, tighten muscle on front of thigh, then lift leg 8 – 10 inches away from floor. Hold 1 second. Repeat 30 times. Do 2 sessions per day.

HIP and KNEE – 23 Strengthening
Terminal Knee Extension



With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster. Hold 1 second. Repeat 30 times. Do 2 sessions per day.

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- ❖ Add ankle weight as tolerated (1lb. to 10lbs.)
 - ❖ Perform one session of these exercises in the A.M., one in the P.M.
 - ❖ Ice the injured body part for 15 – 20 minutes after these exercises.
 - ❖ Exercises should be somewhat challenging. If too easy, increase ankle weight. If too difficult decrease ankle weight.
 - ❖ If any exercises cause pain, stop performing them and contact our office.

QUAD AND HAMSTRING STRETCHES (Do not use ankle weights)

HAMSTRING STRETCH – Start with hands behind bent knees. Straighten knee and point toes towards you. Pull leg (keeping knee straight) towards you until a stretch is felt. Hold for 5 seconds. Repeat with other leg. 20 repetitions

