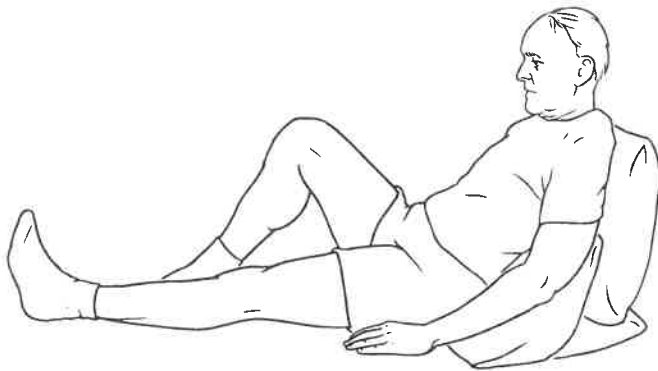


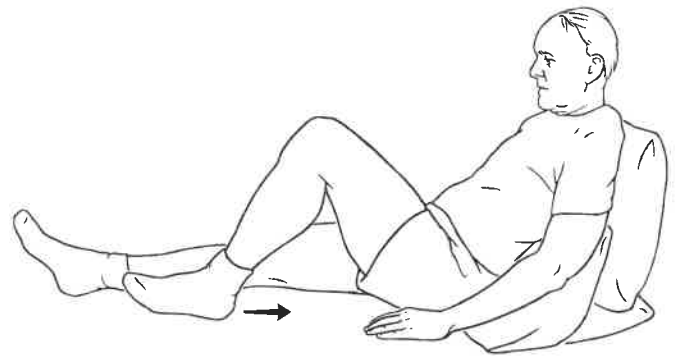
TOTAL KNEE - 2 Quad Sets



Slowly tighten thigh muscles of straight leg, and hold for count of 5-10, repeat 10 times, goal 2 sets

Do 1 sessions per day.

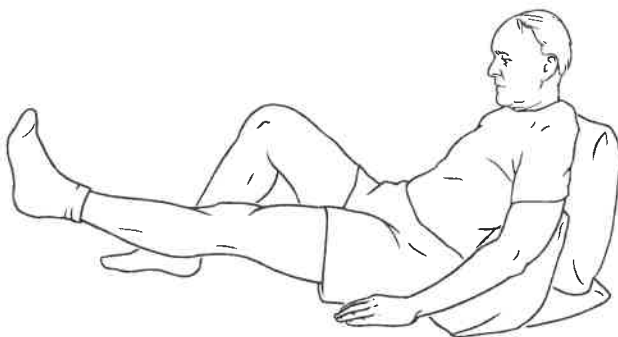
TOTAL KNEE - 6 Heel Slide



Bend one knee and pull heel toward buttocks.

Repeat 10 times. 2 - 3 sets daily

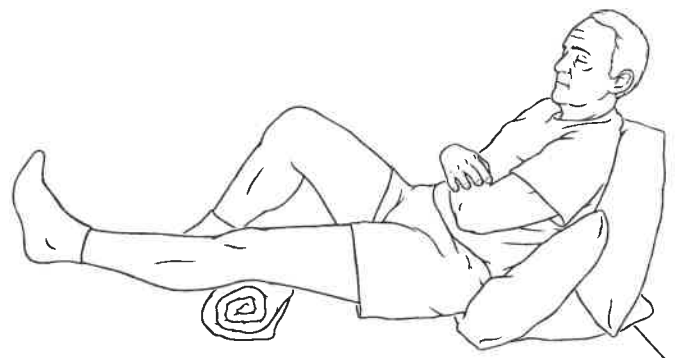
TOTAL KNEE - 4 Straight Leg Raise



Bend right leg. Keep other leg as straight as possible and tighten muscles on top of thigh. Slowly lift straight leg 6-8 inches from bed and hold 5 seconds. Lower it, keeping muscles tight

Repeat 10 times. Do 1 sessions per day.

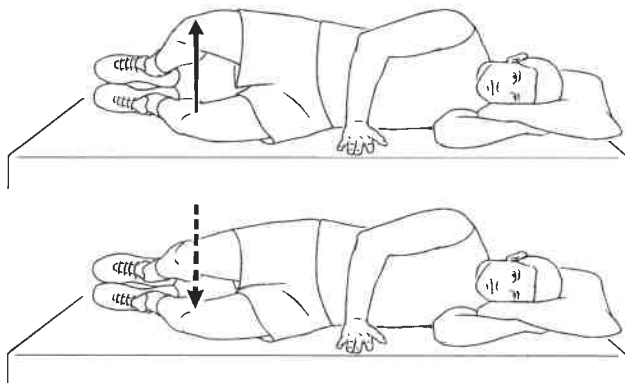
TOTAL KNEE - 5 Short Arc Quad



Place rolled towel under leg. Straighten leg. Hold 5 seconds. repeat 10 times, goals isw 2 -3 sets every other day

Repeat _____ times. Do _____ sessions per day.

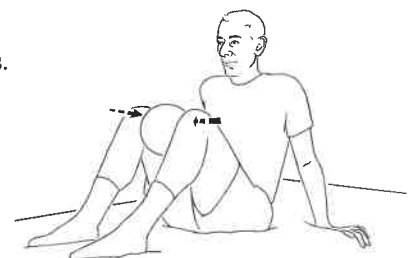
HIP - 3 Abduction: Clam (Eccentric) – Side-Lying



Lie on side with knees bent. Lift top knee, keeping feet together. Keep trunk steady. Slowly lower for 3-5 seconds.
10 reps per set, 2-3 sets per day, 3 days per week.

HIP - 63 ADDUCTION: Isometric

With ball between knees, squeeze them inward. Hold 5 seconds. The exercise can be done in a chair.



Complete 2-3 sets of 10 repetitions. Perform 1 sessions every other day