

INSTRUCTIONS:

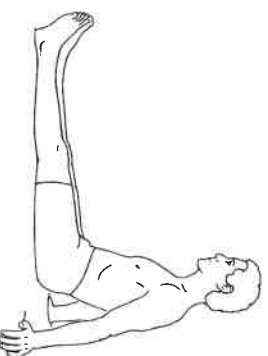
The following exercises are good for reconditioning of the knee and/or hip following injury or surgery. Be sure to check with your physician prior to starting any exercise program. The basic rule to follow is to be sure they are pain-free. Some exercises may be difficult, but should never cause pain during exercise.

If there is an increase in pain and/or swelling after exercise, stop doing the program and consult your physician.

The exercises can be progressed by adding ankle weights to the leg raises (if possible), and by going lower on the Wall Sit.

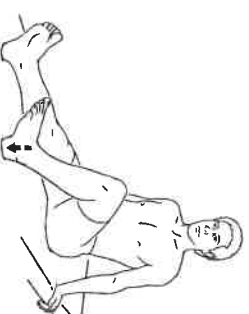
Do 3 sessions per week.

HIP / KNEE - Strengthening: Quadriceps Set



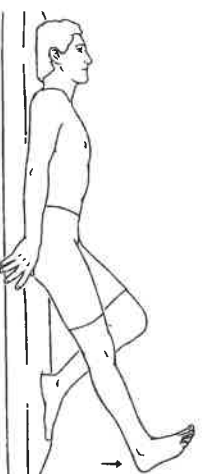
Tighten muscles on top of thighs by pushing knees down into surface. Hold 6 seconds, then relax. Repeat 8-10 times.

HIP / KNEE - Strengthening: Hamstring Set



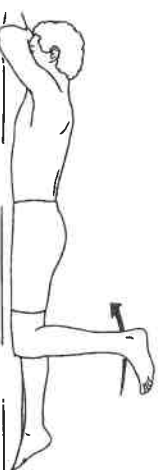
With left foot pointing straight, tighten muscles on back of thigh by pulling heel down into surface. Hold 6 seconds, then relax. Repeat 8-10 times. Repeat on other side.

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



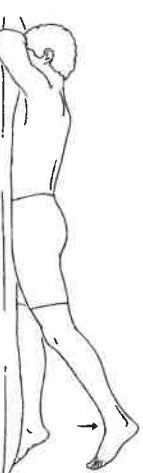
Tighten muscles on front of right thigh, then lift leg 8-10 inches from surface, keeping knee locked. Pause briefly, then slowly lower to start (avoid resting at bottom). Do 1-2 sets of 15-20 reps each side.

HIP / KNEE - Prone Leg Curl



Slowly draw heel as close to buttocks as possible (focus on tightening muscles in back of thigh) Hold 6 seconds, then relax. Repeat 6-8 times. Avoid arching lower back. Repeat on other side.

HIP / KNEE - Prone Hip Extension



Tighten muscles on front of left thigh, then slowly lift leg 2-4 inches from surface, keeping knee locked. Pause briefly, then slowly lower to start. Avoid arching lower back. Do 1-2 sets of 15-20 reps each side.

OUTER HIP - Side-Lying Hip Abduction



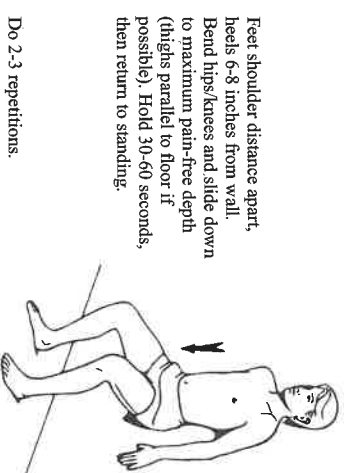
Keeping abs tight and foot parallel to floor, lift top leg slightly higher than parallel. Pause briefly, then slowly lower. Keep hips stacked and knee locked. Do 1-2 sets of 15-20 reps each side.

INNER THIGH - Side-Lying Hip Adduction



Tighten muscles on front of right thigh, then lift leg 6-8 inches from surface, keeping knee locked. Pause briefly, then lower to start. Keep abs tight and foot parallel to floor. Do 1-2 sets of 15-20 reps each side.

HIP / KNEE - Strengthening: Wall Sit



Feet shoulder distance apart, heels 6-8 inches from wall. Bend hips/knees and slide down to maximum pain-free depth (thighs parallel to floor if possible). Hold 30-60 seconds, then return to standing. Do 2-3 repetitions.