HIP / KNEE - 8 Self-Mobilization: Knee Flexion (Prone)

Bring heel toward buttocks as close as possible. Hold 30 seconds. Relax. Repeat _4_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

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

Tighten muscles on front of thigh, then lift leg 6 inches from surface, keeping knee locked. Repeat _10_ times per set. Do _2_ sets per session. Do _1_ sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds. Repeat _4_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

HIP / KNEE - 49 Quad Set: Slight Flexion

Tense muscles on top of thigh. Hold 5 seconds. Repeat _10_ times per set. Do _2_ sets per session. Do _1_ sessions per day.