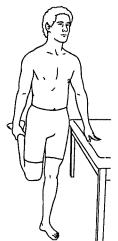
## **Central Vermont Medical Center ORTHOPEDICS & SPORTS MEDICINE**

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

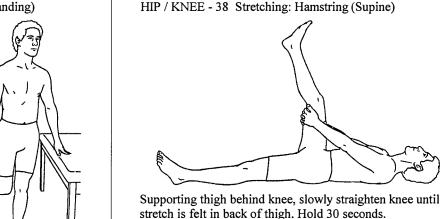
Pull heel toward buttock until stretch is felt in front of thigh. Hold 1 minute.



Repeat <u>2</u> <u>times per set.</u>

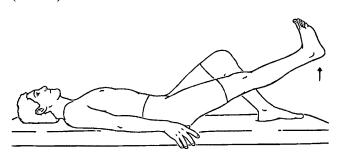
Do <u>1</u> sets per session.

Do <u>2</u> sessions per day.



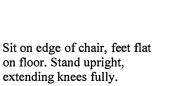
Do <u>2</u> sessions per day.

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 <u>1</u> sessions per day.



Repeat 4 times per set. Do 2 sets per session.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Repeat 10 times per set. Do <u>2</u> sets per session. Do 1 sessions per day.



HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or 6 inch stool. Slowly bend leg, lowering other foot to floor. Return by straightening front leg.

