HIP / KNEE - 37 Stretching: Quadriceps (Standing)

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

Repeat _2_ times per set.
Do _1_ sets per session.
Do _2_ 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 - 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 - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.

Repeat _10_ times per set.
Do _2_ 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.

Repeat _10_ times per set.
Do _2_ sets per session.
Do _1_ sessions per day.