**HIP / KNEE - 39 Stretching: Hamstring (Standing)**

Place foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 1 minute.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

**HIP / KNEE - 2 3 Strengthening: Terminal Knee Extension (Supine)**

With knee over bolster, straighten knee by tightening muscles on top of thigh. Hold for 3 counts and slowly lower. Keep bottom of knee on bolster.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

**HIP / KNEE - 37 Stretching: Quadriceps (Standing)**

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

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

**HIP / KNEE - 74 Straight Leg Raise: With External Leg Rotation**

Lie on back with leg straight, opposite leg bent. Rotate straight leg out and lift 6 inches.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

**HIP / KNEE - 36 Stretching: Tensor**

Cross leg over the other, then lean to same side until stretch is felt on other hip. Hold 1 minute.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.

**HIP / KNEE - 2 2 Strengthening: Hip Adduction (Side-Lying)**

Tighten muscles on front of thigh, then lift leg 6 inches from surface, keeping knee locked.

Repeat ___ times per set. Do ___ sets per session. Do ___ sessions per day.