**HIP / KNEE - 48 Piriformis (Supine)**

Cross legs, sore leg on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 20 seconds.

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

**HIP / KNEE - 67 Stretching: Iliotibial Band**

Cross sore leg behind other leg. Bend at waist, reaching toward floor. Hold 20 seconds. Relax.

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 20 minute.

Repeat ___ times per set. Do ___ sets per session.
Do ___ sessions per day.
**HIP / KNEE - 15** Strengthening: Hip Abduction – Isometric

Using ball or folded pillow, push outside of sore knee into wall. Hold for count of 3.
Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.

**HIP / KNEE - 75** Mini Squat: With Ball Squeeze

Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.
Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.

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

Tighten muscles on front of sore thigh, then lift leg 8 inches from surface, keeping knee locked.
Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.

**HIP / KNEE - 20** Strengthening: Hip Extension (Prone)

Tighten muscles on front of sore thigh, then lift leg 8 inches from surface, keeping knee locked.
Repeat _10_ times per set. Do _3_ sets per session.
Do _1_ sessions per day.