**HIP / KNEE - 11 Strengthening: Quadriceps Set**

Tighten muscles on top of thighs by pushing knees down into surface. Hold **5** seconds.
Repeat **10** times per set. Do **3** sets per session.
Do **2** sessions per day.

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

Tighten muscles on front of the involved thigh, then lift leg 12 inches from surface, keeping knee locked.
Repeat **10** times per set. Do **3** sets per session.
Do **2** sessions per day.

**HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)**

Tighten muscles on front of the involved thigh, then lift leg 18 inches from surface, keeping knee locked.
Repeat **10** times per set. Do **3** sets per session.
Do **2** sessions per day.

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

Place involved foot on stool.
Slowly lean forward, keeping back straight, until stretch is felt in back of thigh.
Hold 15 seconds.
Repeat **5** times per set.
Do **1** sets per session.
Do **2** sessions per day.

**HIP / KNEE - 6 Self-Mobilization: Knee Flexion / Extension (Sitting)**

Gently push involved leg back with other leg until a stretch is felt.
Hold 5 seconds. Relax
Repeat **30** times per set.
Do **1** sets per session.
Do **2** sessions per day.

**HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)**

With support, bend involved knee as far as possible.
Repeat **10** times per set.
Do **3** sets per session.
Do **2** sessions per day.
HIP / KNEE - 36 Stretching: Tensor

Cross involved leg over the other, then lean to same side until stretch is felt on other hip. Hold 15 seconds.

Repeat __5__ times per set.
Do __1__ sets per session.
Do __2__ sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

Supporting involved thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 15 seconds.

Repeat __5__ times per set.
Do __1__ sets per session.
Do __2__ sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel of involved leg toward buttock until stretch is felt in front of thigh. Hold 15 seconds.

Repeat __5__ times per set.
Do __1__ sets per session.
Do __2__ sessions per day.

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

Tighten muscles on front of involved thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat __10__ times per set.
Do __3__ sets per session.
Do __1__ sessions per day.

HIP / KNEE - 43 Terminal Knee Extension (Standing)

Facing anchor with involved knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.

Repeat __10__ times per set.
Do __3__ sets per session.
Do __1__ sessions per day.

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

With tubing around involved leg, other side toward anchor, extend leg out from side. Perform on both legs.

Repeat __10__ times per set.
Do __3__ sets per session.
Do __1__ sessions per day.
HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

With tubing around involved ankle, face anchor and pull leg straight back. Repeat on opposite leg.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.

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

Stand on stair with involved leg. Slowly bend involved leg, lowering other foot to floor. Return by straightening involved leg.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold _3_ seconds. Tighten thigh muscles and return.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.