HIP / KNEE - 46 PROM: Knee Flexion

With towel around left heel, gently pull knee up with towel until stretch is felt. Hold 5 seconds.

Repeat 10 times per set.

Do __ sessions per day.

HIP / KNEE - 11 Strengthening: Quadriceps Set

Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

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

HIP / KNEE - 41 Stretching: Gastroc

Stand with left foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.

Repeat __ times per set.

Do ___ sessions per day.

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