HIP / KNEE - 46 PROM: Knee Flexion

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

Repeat 10 times per set.

Do 1 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 10 times per set. Do 3 sets per session.

Do 1 sessions per day.

HIP / KNEE - 19 Strengthening: Straight Leg Raise (Phase 3)

Resting on hands, tighten muscles on front of right 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 - 23 Strengthening: Terminal Knee Extension (Supine)

With right knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat 10 times per set. Do 3 sets per session.

Do 1 sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

Stand with right 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 3 times per set.

Do 1 sessions per day.

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