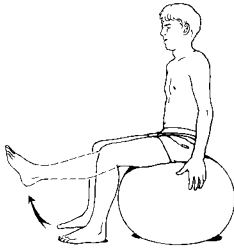


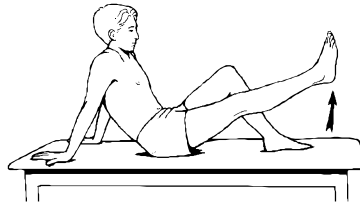
LOWER EXTREMITY - 22
 Sitting Knee Extension with or without Cuff Weights

Straighten knee while keeping balance. Do with or without 1 lb cuff weights.



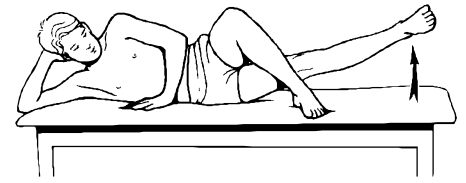
Repeat 12-15 times per set. Do 3 sets per session. Do 4 sessions per week.

HIP / KNEE - 19
 Strengthening: Straight Leg Raise, Phase III



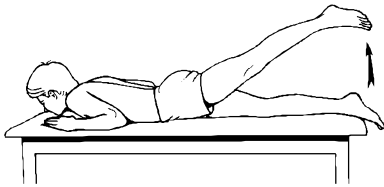
Resting on hands, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Hold 3 seconds. Repeat 12-15 times. Do 4 sessions per week.

HIP / KNEE - 22
 Strengthening: Side-Lying Hip Adduction



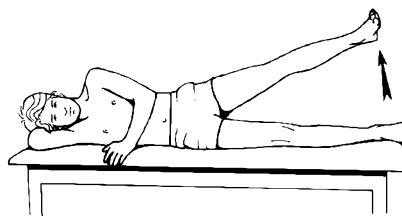
Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 3 seconds. Repeat 12-15 times. Do 4 sessions per week.

HIP / KNEE - 20
 Strengthening: Prone Hip Extension



Lying on stomach, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked. Make sure lift leg using butt muscle not lower back. Be sure to tighten your tummy. Hold 3 seconds. Repeat 12-15 times. Do 4 sessions per week.

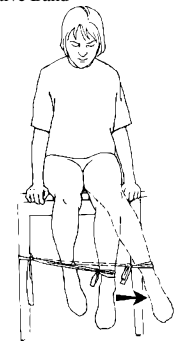
HIP / KNEE - 21
 Strengthening: Side-Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches from surface. Hold 3 seconds. Make sure to engage your core (tighten your tummy). Repeat 12-15 times. Do 4 sessions per week.

HIP / KNEE - 59
 Hip Internal Rotation with Resistive Band

Sit on table with band looped around ankle and other end secured to table leg. Keeping thigh flat and knee bent at right angle, pull ankle away from body.



Repeat 12-15 times per set. Do 3 sets per session. Do 4 sessions per week.

HIP / KNEE - 58
 Hip External Rotation with Resistive Band

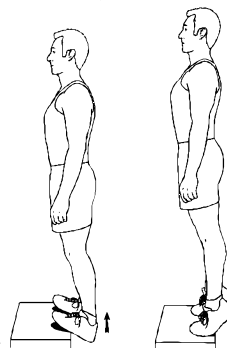
Sit on table with band looped around ankle and other end secured to table leg. Keeping thigh flat and knee bent at right angle, pull ankle across body.



Repeat 12-15 times per set. Do 3 sets per session. Do 4 sessions per week.

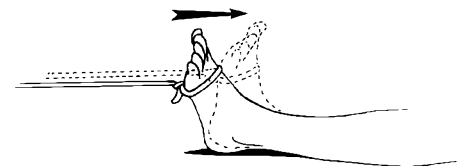
LEGS: CALVES - 1 Heel Raise: Standing

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 3 sets. Complete 12-15 repetitions.

ANKLE / FOOT - 5
 Resisted Dorsiflexion



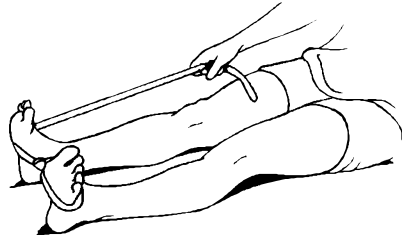
With tubing anchored in doorjamb, pull foot toward face. Return slowly to starting position. Relax. Repeat 12-15 times. Do 4 sessions per week.

ANKLE / FOOT - 7
 Resisted Inversion



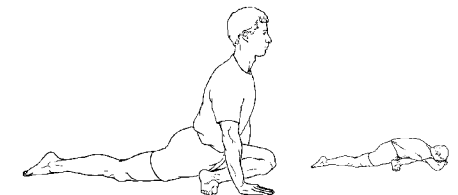
Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn foot inward. Repeat 12-15 times. Do 4 sessions per week.

ANKLE / FOOT - 8
 Resisted Eversion



With tubing anchored around uninvolved foot, slowly turn involved foot outward. Repeat 12-15 times. Do 4 sessions per week.

YOGA - 90 Pigeon Pose



From hands and knees, slide right leg back and turn bent left leg out slightly to side. Resting weight on outside of left leg, push up torso with arms. Skip this stretch if it causes ANY knee pain. Hold for 7 breaths. Repeat on other side. VARIATION: Allow body to rest over front leg.