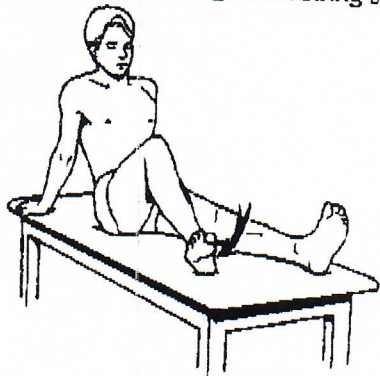


HIP and KNEE - 13 Strengthening: Hamstring sets



With foot turned outward, tighten muscles on back of thigh by pulling heel down into floor or table.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 12 Strengthening: Hamstring sets



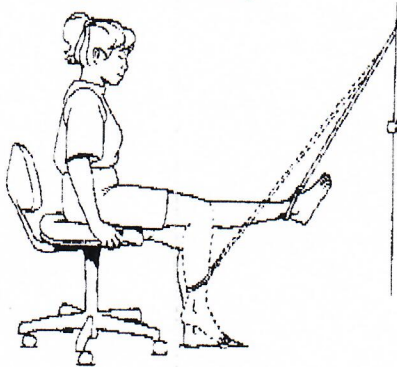
With foot turned inward, tighten muscles on back of thigh by pulling heel down into floor or table.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 44 Resisted Hamstring Curls in Sitting



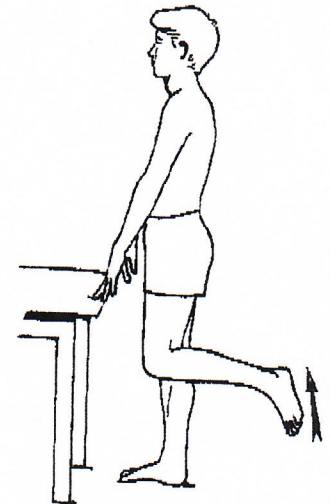
Bend knee from a straight position.

Repeat _____ Repetitions/set. Do _____ Sets/session.

Do _____ Sessions/day.

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HIP and KNEE - 24 Strengthening Standing Knee Flexion



Standing, bend knee up as far as possible.

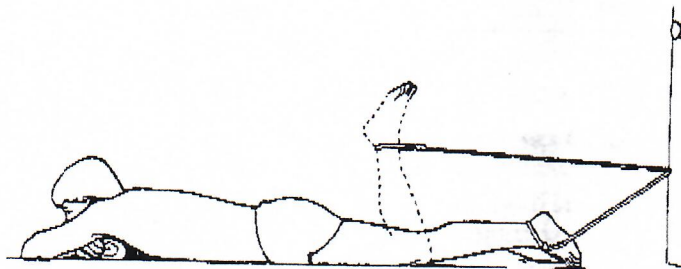
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 45 Resisted Hamstring Curls in Prone



Bend knee from a straight position.

Repeat _____ Repetitions/set. Do _____ Sets/session.

Do _____ Sessions/day.

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