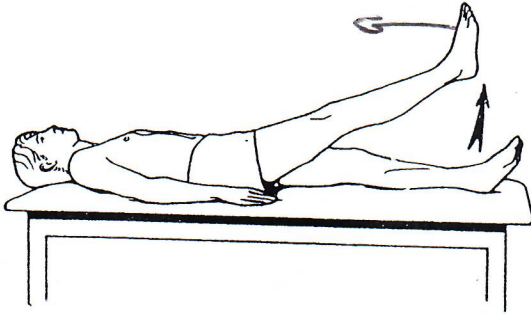


## HIP and KNEE - 17 Strengthening Straight Leg Raise Phase I



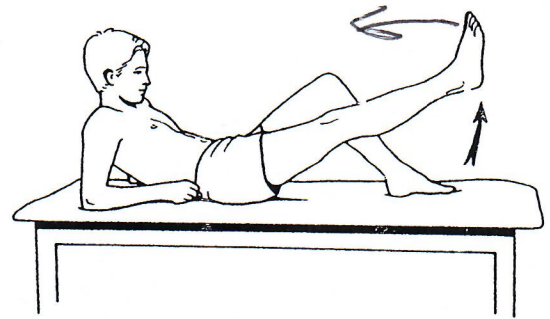
Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## HIP and KNEE - 18 Strengthening Straight Leg Raise, Phase II



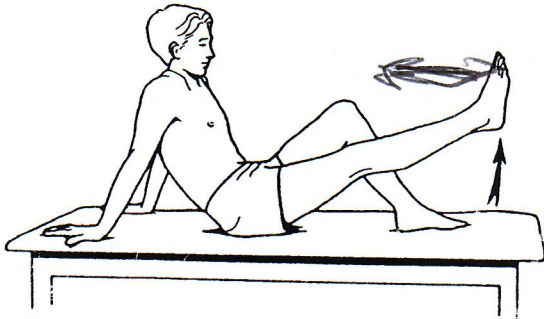
Rest on forearms, tighten muscle on front of thigh, then lift leg 8 - 10 inches from surface, keeping knee locked.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## HIP and KNEE - 19 Strengthening Straight Leg Raise Phase III



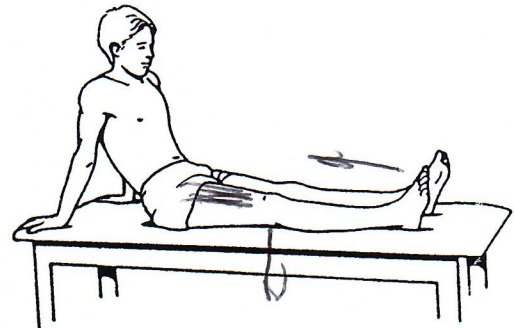
Rest on hands, tighten muscle on front of thigh, then lift leg 8 - 10 inches from floor, keeping knee locked.

Hold 5 seconds. Repeat 15 times.

Do 3 sessions per day.

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## HIP and KNEE - 11 Strengthening: Quadriceps sets



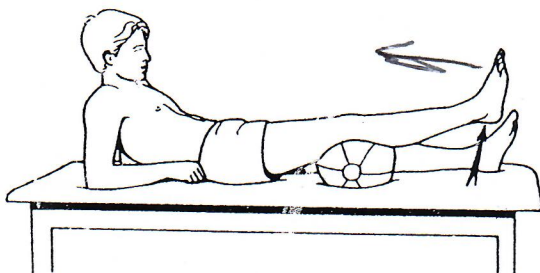
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold 10 seconds. Repeat 15 times.

Do 3 sessions per day.

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## HIP and KNEE - 23 Strengthening Terminal Knee Extension



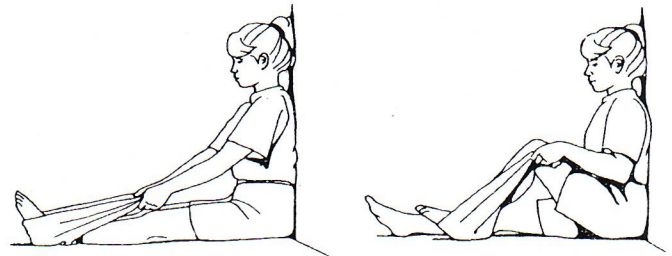
With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.

Hold 5 seconds. Repeat 15 times.

Do 7 sessions per day

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## HIP and KNEE - 46 Passive Range of Motion Knee Flexion



With towel around heel, gently pull knee upwards with towel until stretch is felt.

Repeat 15 Repetitions/set.

Do 3 Sets/session.

Do 3 Sessions/day.

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