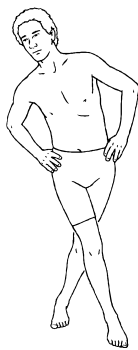


HIP / KNEE - 36 Stretching: Tensor

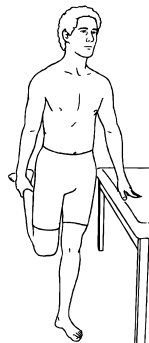
Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 10 seconds.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 10 seconds.



Repeat 3 times per set.
 Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 48 Piriformis (Supine)

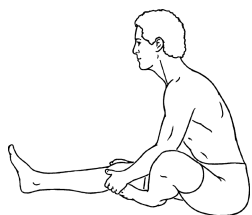
Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 10 seconds.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 40 Stretching: Hamstring (Sitting)

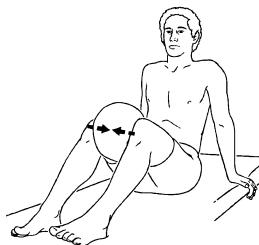
With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 10 seconds.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric

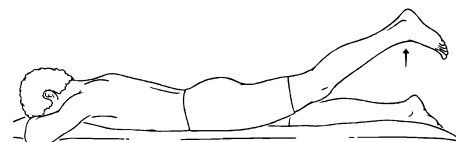
With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)

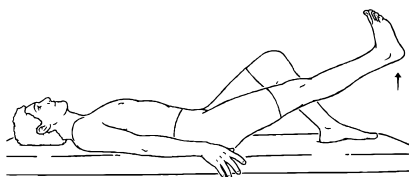
Tighten muscles on front of left thigh, then lift leg 12 inches from surface, keeping knee locked.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)

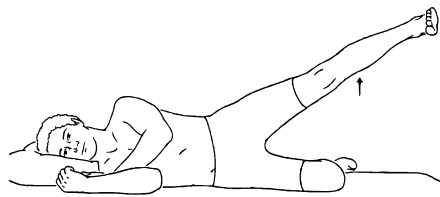
Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

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

Tighten muscles on front of left thigh, then lift leg 12 inches from surface, keeping knee locked.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

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

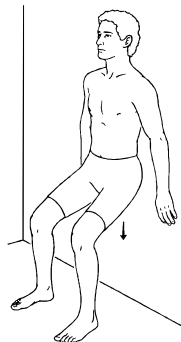
Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked.



Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

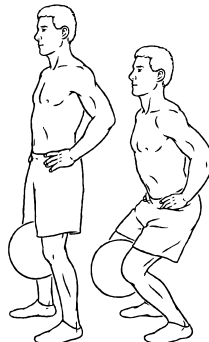
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold seconds. Tighten thigh muscles and return.



Repeat 10-15 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 75 Mini Squat: With Ball Squeeze

Stand with ball between knees. Squat with head up, reaching back with buttocks as if sitting down.



Repeat 10 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted

With band looped around both legs above knees, push thighs apart.
 Repeat 12-15 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

