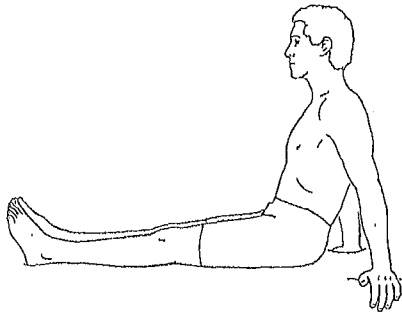


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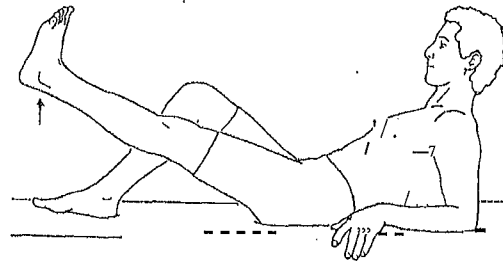
HIP/ KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold S seconds.

Repeat z c times per set. Do / sets per session.
Do L sessions per day.

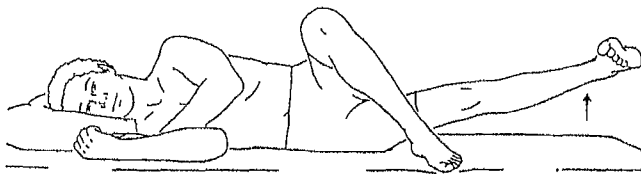
HIP/ KNEE - 18 Strengthening: Straight Leg Raise (Phase 2)



Resting on forearms, tighten muscles on front of right thigh, then lift leg / inches from surface, keeping knee locked.

Repeat z - 10 times per set. Do L sets per session.
Do L sessions per day.

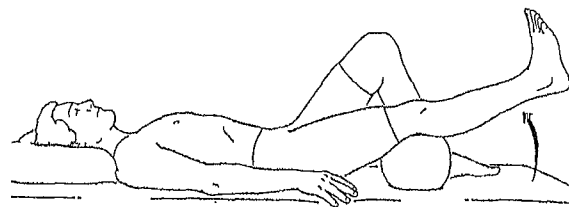
HIP / KNEE - 22 Strengthening: Hip Adduction (Side-Lying)



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

Repeat z 0 times per set. Do - L sets per session.
Do L sessions per day.

HIP/ KNEE - 23 Strengthening: Terminal Knee Extension (Supine)

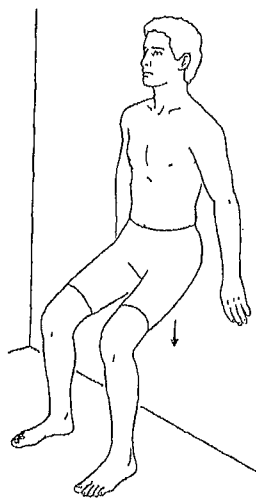


With right knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat z times per set. Do - L sets per session.
Do L sessions per day.

HIP/ KNEE - 25 Strengthening: Wall Slide

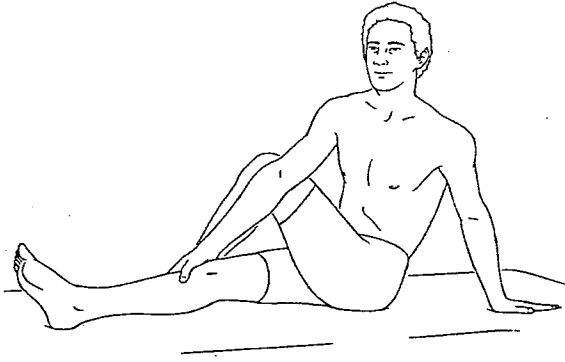
Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold / seconds. Tighten thigh muscles and return.



Repeat / z times per set.
Do L sets per session.
Do L sessions per day.

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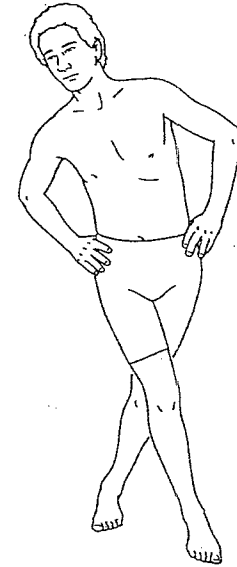
HIP / KNEE - 35 Stretching: Piriformis



Cross right leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 15-20 seconds.

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

HIP / KNEE - 36 Stretching: Tensor



Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 15-20 seconds.

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

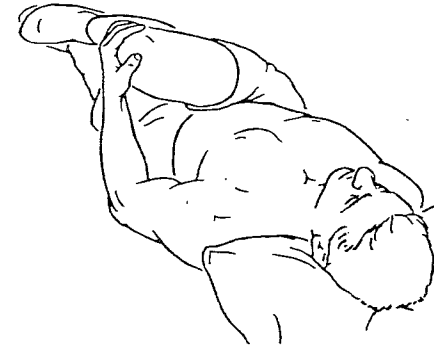
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 15-20 seconds.

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

HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull right knee toward opposite shoulder. Hold 15-20 seconds. Relax.

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