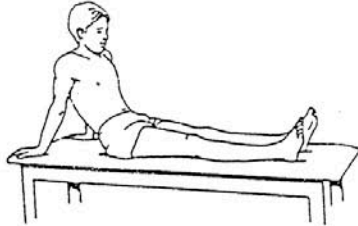


Stretches and Exercises Hip & Knee Strengthening

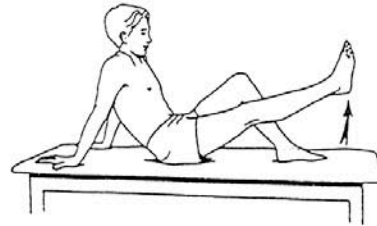
10

HIP & KNEE 14: Quadriceps sets



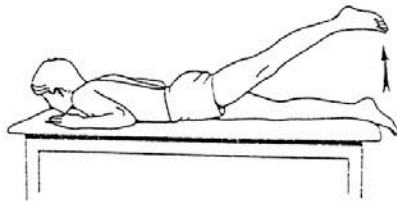
Tighten muscles on top of thigh by pushing knees down into floor or table.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 15: Straight Leg Raise Phase



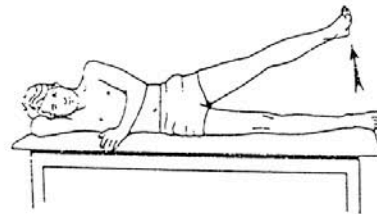
Rest on hands, tighten muscle on front of thigh, then lift leg 8-10 inches from floor, keeping knee locked.
Hold 30 Seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 16: Prone Hip Extension



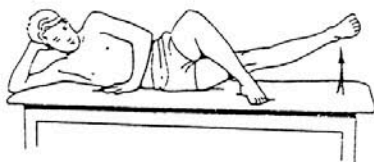
Lying on stomach, tighten muscle on front of thigh, then lift leg 8-10 inches from floor, keeping knee locked.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 17: Side Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from floor.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 18: Side Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from floor.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 19: Wall Slides

Leaning on wall, slowly lower buttocks toward floor until your thighs are parallel to floor.

Hold 30 seconds.
Tighten thigh muscle as you return to starting position.
Repeat 6 times.
Do twice daily.

