

Patient: Knee,

Usage:

1. (106) Quadriceps Stretch in Standing: 2 reps, 30 sec hold, 1 set



Stand near chair for balance.



Bend your involved knee and grasp at the ankle.



Keep your body upright and hips straight.

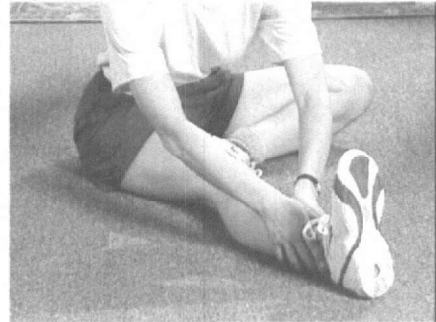
2. (99) Hamstring Stretch in Long-sitting: 2 reps, 30 sec hold, 1 set



Sit with involved leg out straight.

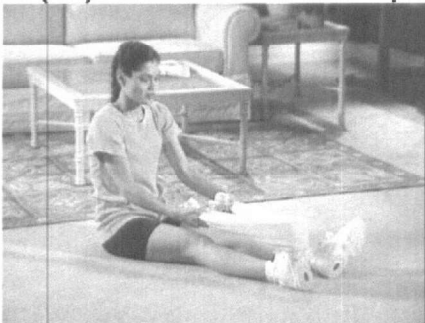


Reach forward toward your ankle.

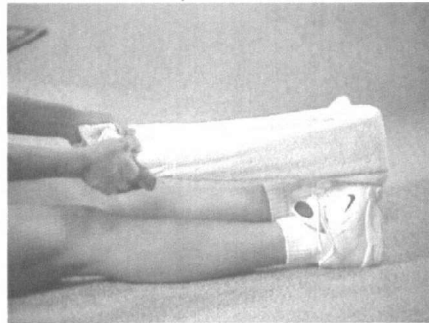


You should feel the stretch in your hamstring.

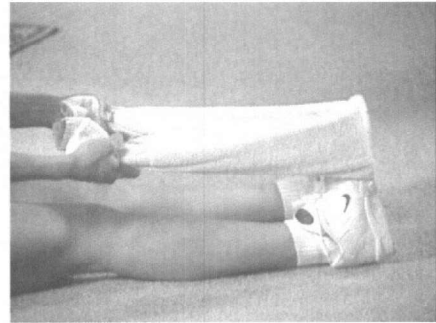
3. (15) Towel Stretch: 2 reps, 30 sec hold, 1 set



Sit on the floor with your leg straight.



Place a towel around the ball of your foot.



Pull the towel toward your body.

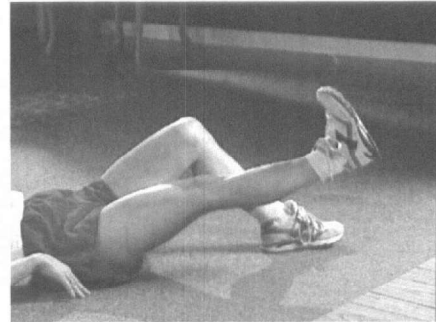
4. (240) Half Straight Leg Raise, Supine: 10 reps, 1 set



Lie on your back with your uninvolved leg bent.



Raise leg keeping knee straight and toes up.



Raise until your foot is about 6" off the floor.

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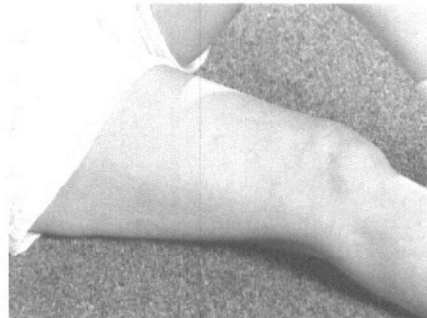
5. (122) Quad Set in Full Extension: 10 reps, 1 set



Extend your involved side leg.



Tighten your thigh. Keep your knee straight.



Relax your thigh and repeat the contraction.

6. (92) Hamstring Curl in Standing: 10 reps, 1 set



Stand next to a chair for balance.



Bend your involved leg at the knee.



Keep your hips straight, just bending your knee.