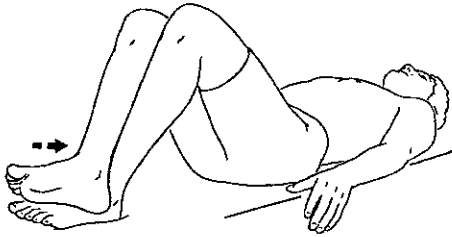
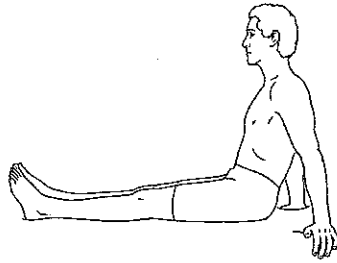


HIP / KNEE - 9 Self-Mobilization: Knee Flexion (Hook-Lying)



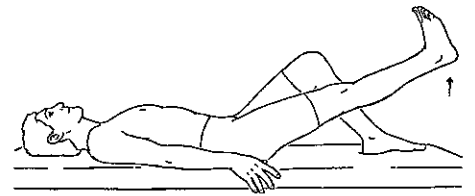
Bend right knee as far as possible, then use other leg to gently push until stretch is felt. Hold 10 seconds. Relax. Repeat 10 times. Do Twice per day

HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds. Repeat 20 times. Do twice per day

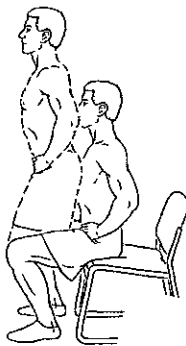
HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked. Repeat 20 times. Do twice per day.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



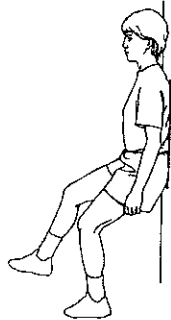
Repeat 20 times. Do twice daily.

LOWER EXTREMITY - 12 Quad Strength: Single-Leg Quarter Squat

Standing on involved leg with back against wall, slide down wall until knee is at 30-45°. Return.

Repeat 20 times. Do twice daily

CAUTION: You should not bend knee deep enough to cause pain.

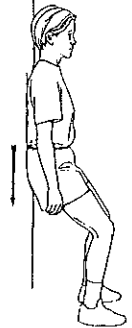


LOWER EXTREMITY - 11 Quad Strength: Quarter Squat

With feet shoulder-width apart and back against wall, slide down wall until knees are at 30-45°. Return.

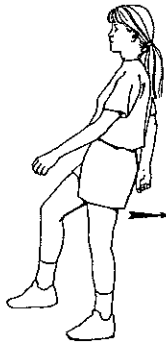
Repeat 20 times. Do twice daily.

CAUTION: You should not bend knees deep enough to cause pain.



LOWER EXTREMITY - 53 Retro walk

On a soft open surface in a straight line, progress backward from a slowwalk to a fast walk



Repeat for 3 minutes..carefully

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