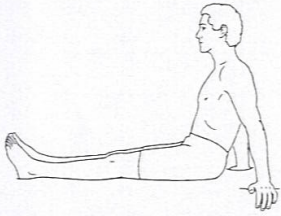
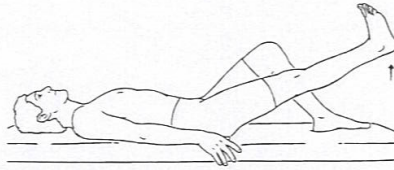


Strengthening: Quadriceps Set



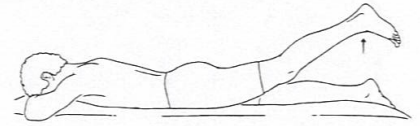
Squeeze a ball or pillow between thighs. Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.  
Repeat 10-20 times per set. Do 1-2 sessions per day.

Strengthening: Straight Leg Raise



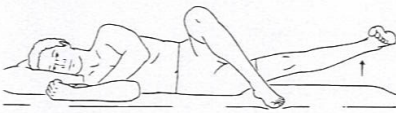
Tighten muscles on front of thigh, then lift leg, keeping knee locked.  
Repeat 10-30 times per set. Do 1-3 sets per session.  
Do 1-2 sessions per day.

Strengthening: Hip Extension (Prone)



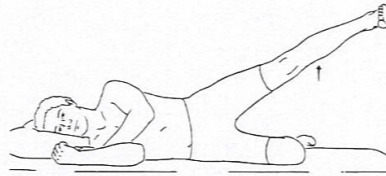
Tighten muscles on front of thigh, then lift leg, keeping knee locked.  
Repeat 10-30 times per set. Do 1-3 sets per session.  
Do 1-2 sessions per day.

Strengthening: Hip Adduction (Side-Lying)



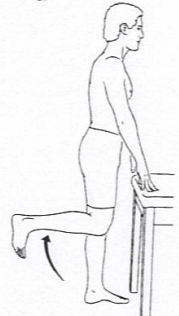
Tighten muscles on front of thigh, then lift leg, keeping knee locked.  
Repeat 10-30 times per set. Do 1-3 sets per session.  
Do 1-2 sessions per day.

Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of thigh, then lift leg, keeping knee locked.  
Repeat 10-30 times per set. Do 1-3 sets per session.  
Do 1-2 sessions per day.

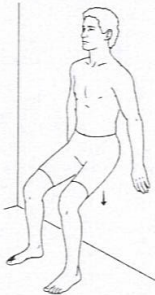
Strengthening: Knee Flexion (Standing)



With support, bend knee as far as possible.

Repeat 10-20 times per set.  
Do 1-2 sets per session.  
Do 1-2 sessions per day.

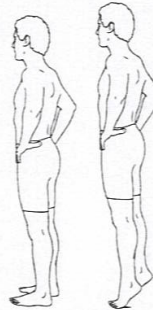
Strengthening: Wall Slide



Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold 5-10 seconds. Tighten thigh muscles and return.

Repeat 10-20 times per set.  
Do 1-2 sessions per day.

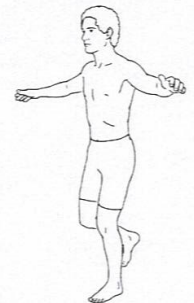
Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Repeat 20-30 times per set.  
Do 2-3 sessions per day.

Balance: Unilateral

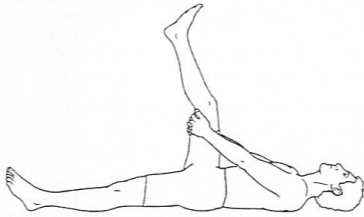


Attempt to balance on one leg, eyes open. Hold 10 seconds.

Repeat 3-5 times per set.  
Do 2-3 sessions per day.

— Perform exercise with eyes closed.

Stretching: Hamstring (Supine)



Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds.  
Repeat 3 times per set. Do 2-3 sessions per day.

Stretching: Quadriceps (Standing)

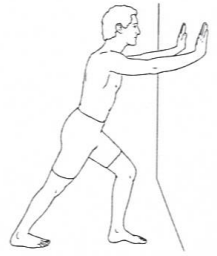
Pull heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.



Repeat 3 times per set.  
Do 2-3 sessions per day.

Stretching: Calf

Stand with foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



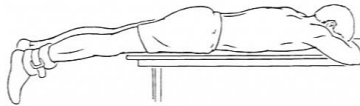
Repeat 3 times per set.  
Do 2-3 sessions per day.

Self-Mobilization: Knee Flexion (Hook-Lying)



Bend knee as far as possible, then use other leg to gently push until stretch is felt. Hold 10 seconds. Relax.  
Repeat 10 times per set. Do 2-3 sessions per day.

Knee Extension Mobilization: Hang (Prone)



With table supporting thighs, place weight on ankle. Hold 5-10 minutes.  
Do 3-5 sessions per day.

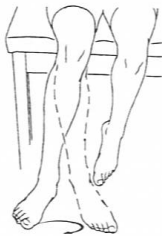
Ankle Pumps: Dorsiflexion and Plantarflexion



With leg relaxed, gently flex and extend ankle. Move through full range of motion. Avoid pain.  
Repeat 10-20 times per set. Do 2-3 sessions per day.

Ankle Circles

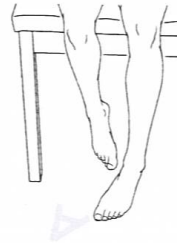
Slowly rotate foot and ankle clockwise then counterclockwise. Gradually increase range of motion. Avoid pain.



Circle 10-20 times each direction per set.  
Do 2-3 sessions per day.

Ankle Alphabet

Using ankle and foot only, trace the letters of the alphabet. Perform A to Z.



Repeat 1-2 times per set.  
Do 2-3 sessions per day.