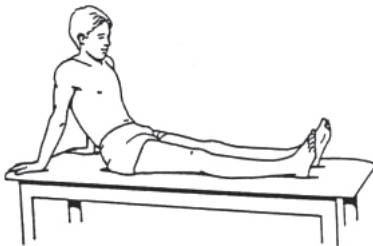


AT-HOME EXERCISES

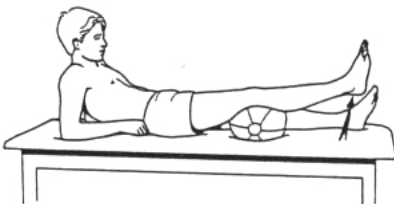
QUAD STRENGTHENING



HIP and KNEE - Strengthening: Quadriceps Sets

Tighten muscles on top of thigh by pushing knees down into floor or table.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



HIP and KNEE - Strengthening Terminal Knee Extension

With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.

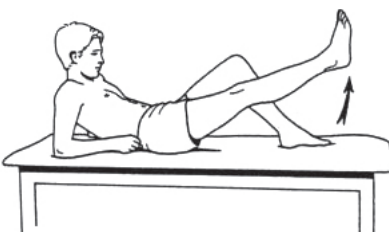
- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.



CLOSED CHAIN - Quad Strength: Single Leg Step-up

With foot or involved leg on step, straighten that leg. Return.

- 6-12 inch step.
- Repeat 15 reps or 2 minutes.
- Do 2 sessions per day.



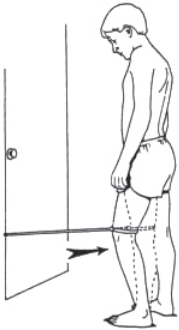
HIP and KNEE - Strengthening Straight Leg Raise, Phase II

Rest on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches from surface, keeping knee locked.

- Hold 15 seconds.
- Repeat 3 times.
- Do 2 sessions per day.

AT-HOME EXERCISES

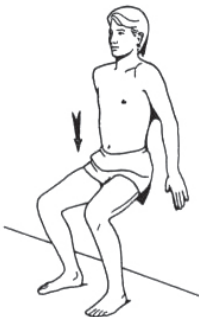
QUAD STRENGTHENING



HIP and KNEE - Terminal Knee Extension in Standing

Starting with knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.

- Repeat 15 repetitions per set.
- Do 3 sets per session
- Do 2 sessions per day.



HIP and KNEE - Strengthening Wall Sides

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

- Hold 15 seconds.
- Tighten thigh muscle as you return to starting position.
- Repeat 3 times.
- Do 2 sessions per day.