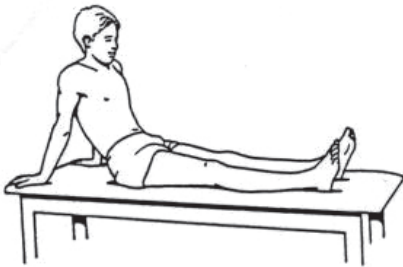


AT-HOME EXERCISES

KNEE



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.



Isometric Hip Abduction

With folded pillow between knees, squeeze knees together.

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



Seated Hamstring Stretch

Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh.

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



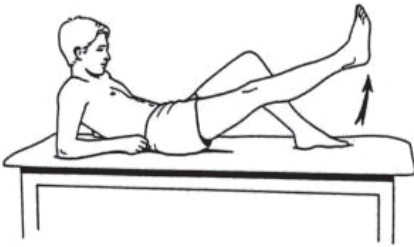
Self-Mobilization Inward knee cap push

Keeping entire length of index finger along outer border of knee cap, gently push knee cap inward toward opposite leg.

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

AT-HOME EXERCISES

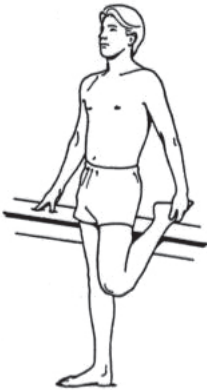
KNEE



Straight Leg Raise

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.



Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

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