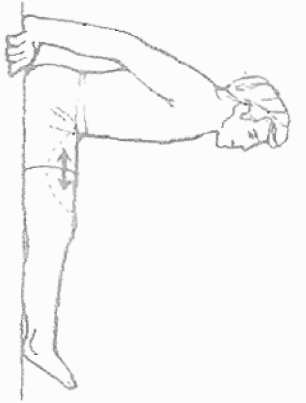


1. Isometric Quadriceps Exercises (Quad Sets)

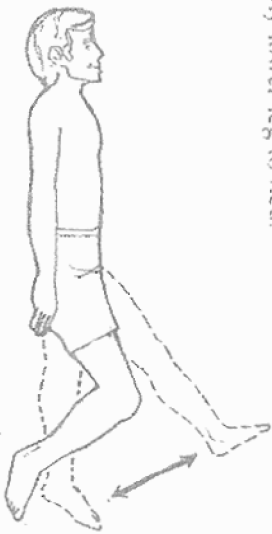
With leg straight, tighten the thigh muscles on top of the leg as tightly as possible and hold. The knee will flatten and knee cap will move slightly upward. Hold 5 seconds, trying every second to pull even tighter. Then relax.



Repeat for _____ Repetitions _____ times per day.

2. 4 Point Straight Leg Raise

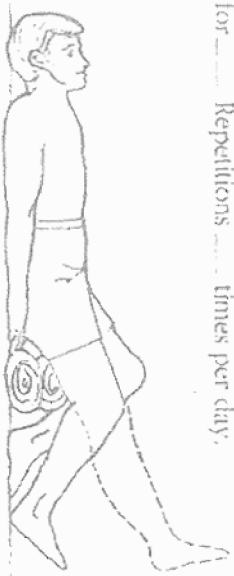
- Tighten thigh, hold for a count of 10.
- Keeping knee straight, lift leg so heel is 6 inches off bed, and hold for a count of 10.
- Raise leg so heel is 12 inches off bed, and hold for count of 10.
- Lower leg so heel is 6 inches off bed, and hold for count of 10.
- Slowly lower leg to bed.



- Hold here for 10
- Hold here for 10
- Hold here for 10
- Hold here for 10
- Rest

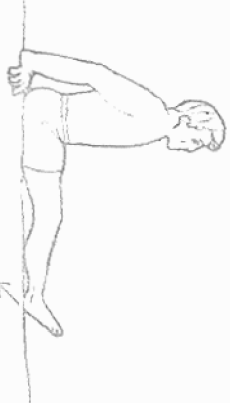
3. Static Hold Exercise

Place 2 rolled bath towels or a coffee can under the thigh, straighten the knee. Hold for 5 seconds, then slowly return to the starting position. Repeat for _____ Repetitions _____ times per day.



4. Isometric Hamstring Exercise

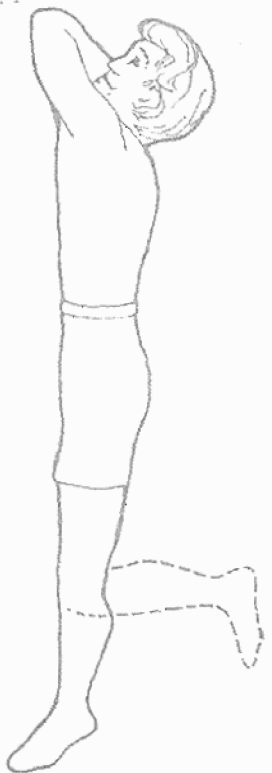
Tighten the muscles behind the knee, as if you're going to bend the knee. Dig down with your heel, but do not actually bend the knee. Hold for 5 seconds. Then relax.



Repeat for _____ Repetitions _____ times per day.

5. Knee Flexion

Lie face down. Bend knee as far as possible. Then lower leg and relax. Repeat for _____ Repetitions _____ times per day.



6. Knee Extension

Sitting with feet resting on a stool. Straighten knee. Hold for 5 seconds. Lower leg and relax. Repeat for _____ Repetitions _____ times per day.



Stool

30°

7. Toe Raising

While standing straight with feet slightly apart, raise up on toes. Hold for 5 seconds. Return to start position. Repeat for _____ Repetitions _____ times per day.

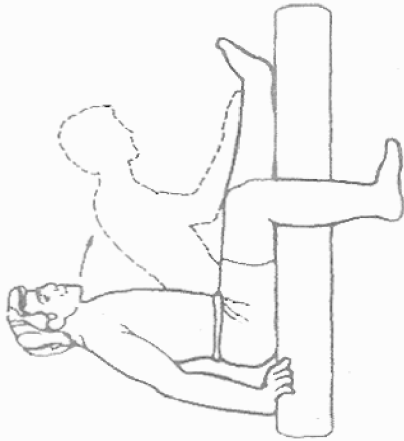


Exercises 2, 3, 5, and 6 can be done with weights attached at the ankle in order to increase resistance gradually for muscle strengthening.

Start with _____ pounds. Add weight as instructed. Goal _____.

8. **Hamstring Stretching**

Sitting on edge of bed or couch with inside leg out straight and other leg on the floor. Lean forward from the hips to stretch back of thigh. Keep the knee straight so a "pull" is felt behind the knee. Hold for 5 seconds.



OR

Standing with one leg elevated and the back straight. Keeping the back straight, squat on the stance leg. Hold for at least 10 seconds.

