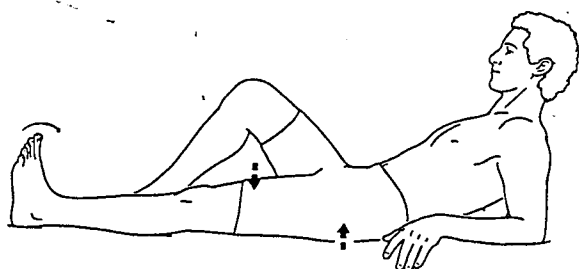


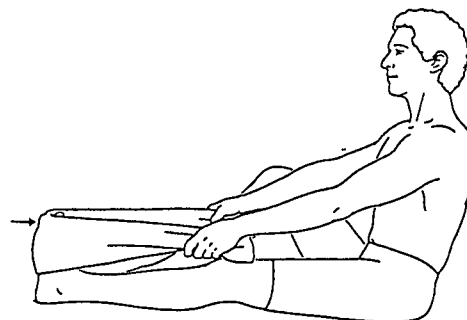
HIP / KNEE - 64 Antiemboli: Isometric



Pull toes toward left knee, tense muscles on front of thigh and simultaneously squeeze buttocks. Keep leg and buttock flat on floor. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

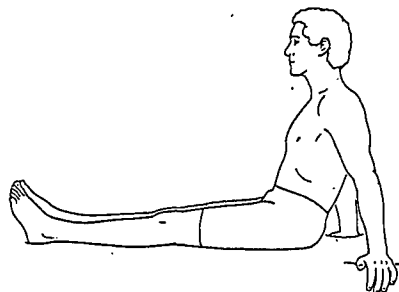
HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

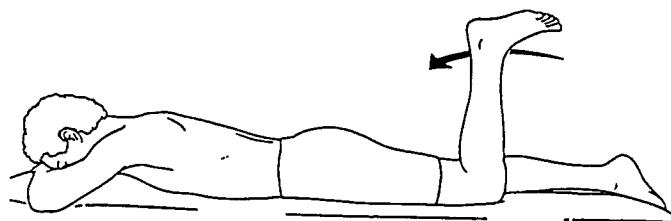
CADERA / RODILLA - 11 Fortalecimiento: Cuadriceps



Contraiga el músculo en la parte anterior del muslo presionando las rodillas hacia la superficie de apoyo. Sostenga _____ segundos.

Repita _____ veces por rutina. Realice _____ rutinas por sesión. Realice _____ sesiones por día.

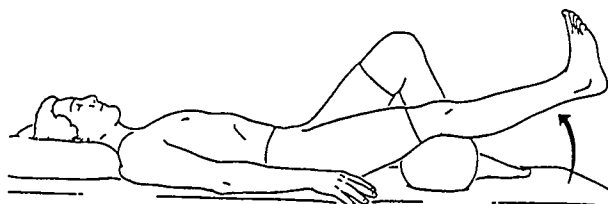
HIP / KNEE - 8 Self-Mobilization: Knee Flexion (Prone)



Bring left heel toward buttocks as close as possible. Hold _____ seconds. Relax.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

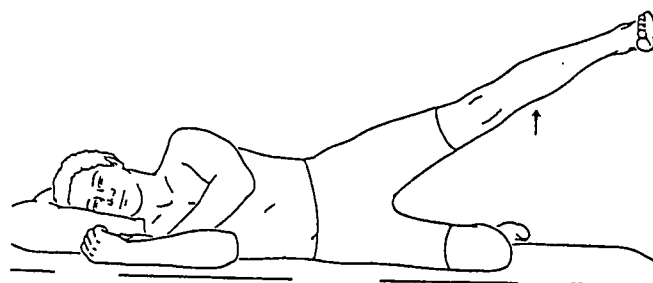
HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)



With right knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

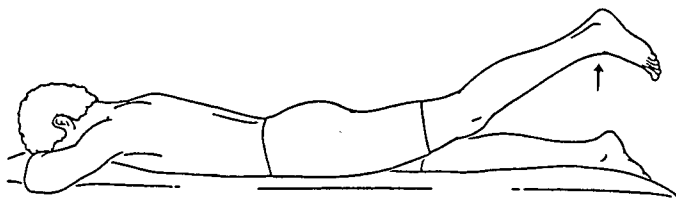
HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg _____ inches from surface, keeping knee locked.

Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

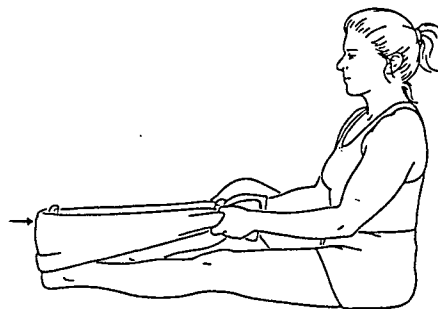
HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of left thigh, then lift leg
_____ inches from surface, keeping knee locked.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around left foot.
Gently pull on towel until stretch is felt in calf.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.