

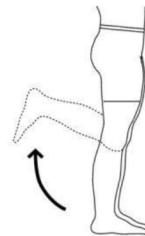
Exercise Program

AROM knee marching



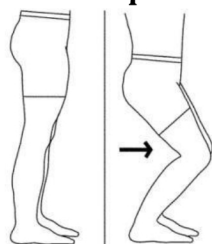
Stand with feet at shoulder distance apart.
 Raise one knee up as high as possible and lower.
 Raise other knee and lower.
 Continue in a marching fashion, staying in place.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

AROM knee flex uni standing



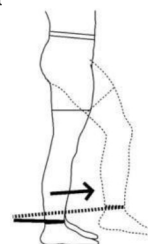
Stand; bend involved leg toward hip through full range.
 Return to starting position.
 Do not bend leg at hips.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds.
 Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

AROM knee squat bil full



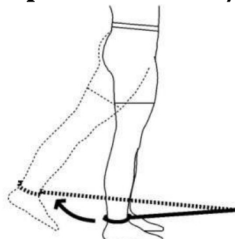
Stand with feet shoulder distance apart.
 Slowly bend knees to 90 degrees.
 Hold for 5 seconds and return to standing position. Repeat.
Special Instructions:
 Maintain proper low back posture.
Perform 3 sets of 10 Repetitions, twice a day.
 Hold exercise for 5 Seconds.
 Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

Resist hip flex stand w/elastic



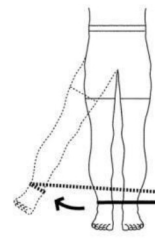
Attach elastic to secure object at ankle level.
 Loop around ankle.
 Stand, facing away from the pull.
 Extend leg forward, keeping knee straight.
 Return to start position.
Perform 3 sets of 10 Repetitions, twice a day.
 Use Elastic.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

Resist hip ext. stand w/elastic



Attach elastic to secure object at ankle level.
 Loop around ankle.
 Stand, facing toward the pull.
 Extend leg backward, keeping knee straight.
 Return to start position.
Perform 3 sets of 10 Repetitions, twice a day.
 Use Elastic.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.

Resist hip abd uni stand w/elastic



Attach elastic to secure object at ankle level.
 Stand with involved leg away as shown.
 Keep knee straight, pull away, moving leg outward.
 Return to start position.
Perform 3 sets of 10 Repetitions, twice a day.
 Use Elastic.
 Hold exercise for 5 Seconds. Rest 10 Seconds between sets.
 Perform 0 repetitions every 0 Seconds.