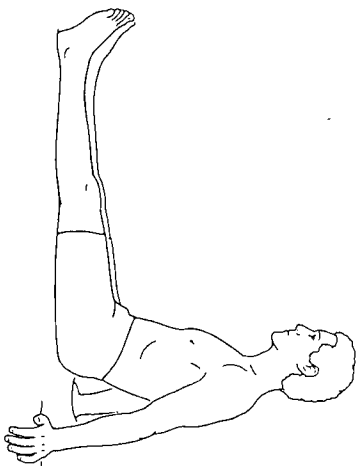
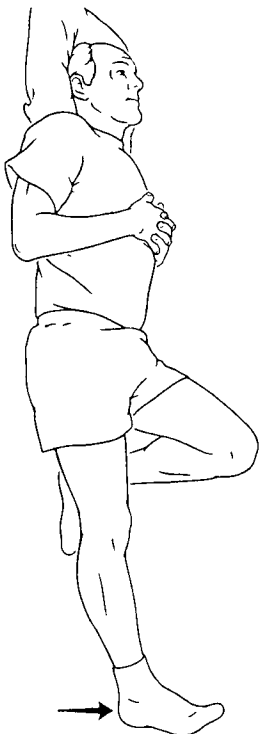


HIP / KNEE - 11 Strengthening: Quadriceps Set



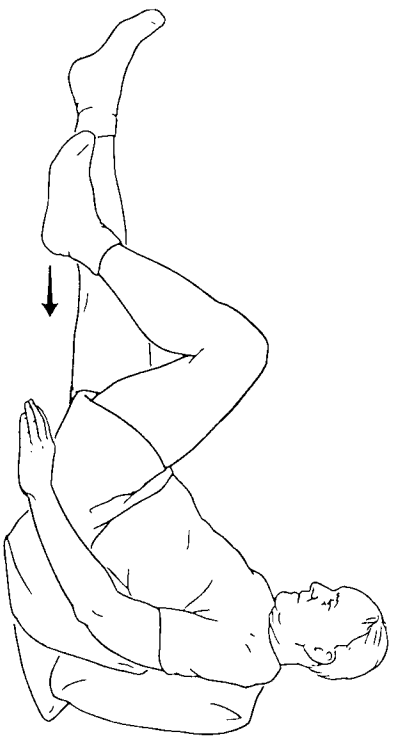
Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 10 sessions per day.

KNEE - 6 Straight Leg Raise



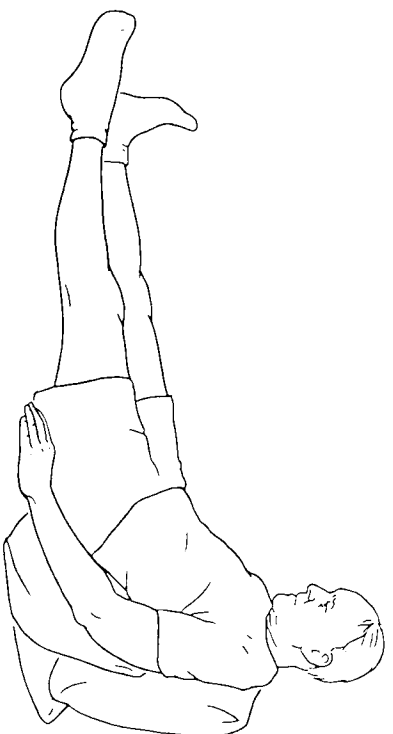
Bend one leg. Raise other leg equal to the opposite knee, with knee locked. Exhale and tighten thigh muscles while raising leg.
Repeat 10 times. Do 10 sessions per day.

TOTAL KNEE - 6 Heel Slide



Bend right knee and pull heel toward buttocks.
Repeat 10 times. Do 10 sessions per day.

TOTAL KNEE - 1 Ankle Pump



Bend ankles up and down, alternating feet.
Repeat 10 times. Do 10 sessions per day.