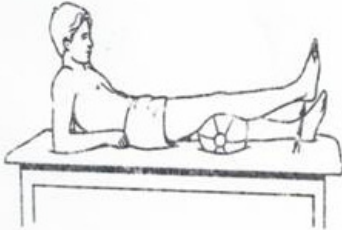


Strengthening Exercises

SUTTER ORTHOPAEDIC INSTITUTE

HIP and KNEE - 23 Strengthening
Terminal Knee Extension:



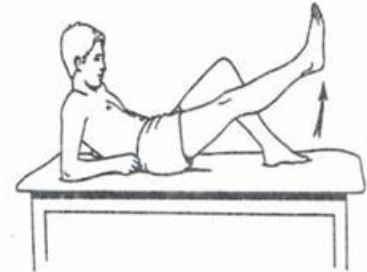
With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 18 Strengthening
Straight Leg Raise, Phase II



Rest on forearms, tighten muscle on front of thigh, then lift leg 8 - 10 inches from surface, keeping knee locked.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 24
Strengthening
Standing Knee Flexion



Standing, bend knee up as far as possible.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 11 Strengthening: Quadriceps sets



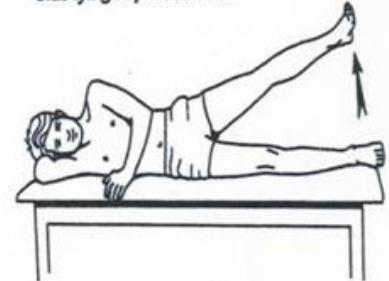
Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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HIP and KNEE - 21 Strengthening
Side-lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8 - 10 inches away from floor.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

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