
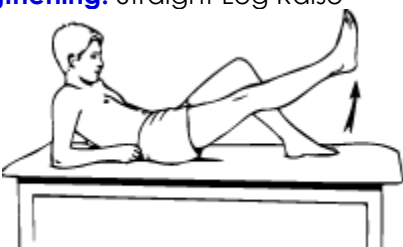
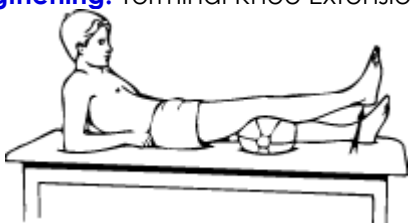

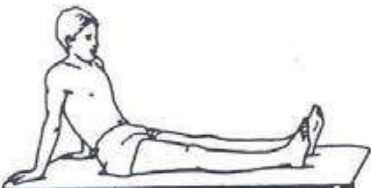
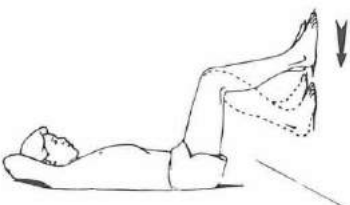



<p>Self-Mobilization: Prone Knee flexion Stretch</p>  <p>Bring heel toward buttocks as far as possible. Hold for 30 seconds. Relax. Repeat 5 times. Do 2-3 sessions per day.</p>	<p>Strengthening: Straight Leg Raise</p>  <p>Resting on forearms, tighten muscle on front of thigh, then lift leg 8 - 10 inches from surface, keeping knee locked. Hold for 5 seconds. Repeat 20 times on each side. Do 2-3 sessions per day.</p>	<p>Strengthening: Terminal Knee Extension</p>  <p>With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster. Hold for 5-10 seconds. Repeat 30 times on each side. Do 2-3 sessions per day.</p>
<p>Passive Range of Motion: Knee Flexion</p>  <p>With towel around heel, gently pull knee upwards with towel until stretch is felt. Repeat 10 times per set. Do 3 sets per session. Do 2-3 sessions per day.</p>	<p>Strengthening: Quadriceps Sets</p>  <p>Tighten muscles on top of thigh by pushing knees down into surface. Hold 5 seconds. Repeat 30 times. Do 2-3 sessions per day.</p>	<p>Strengthening: Knee Wall Slides</p>  <p>Slowly "walk" or slide feet on wall toward floor until a stretch is felt in knee. Hold 30 seconds. Repeat 5 times per set. Do 1 set per session. Do 2-3 sessions per day.</p>
<p>Stretching: Seated Hamstring Stretch</p>  <p>Tuck foot near groin with other leg straight. Reach down until a stretch is felt in back of thigh. Hold 30 seconds. Repeat 5 times. Do 2-3 sessions per day.</p>		

Long Arc Quad / Knee Extension



Extend knee up towards ceiling by tightening your thigh muscle. Slowly back down. Repeat 10 times. Perform 3 sets. Perform exercise 2-3 times per day.

Heel Prop



Prop your heel up on a towel roll so that there is no support below your knee. Hold this position for 3-5 minutes 2-3 times per day.