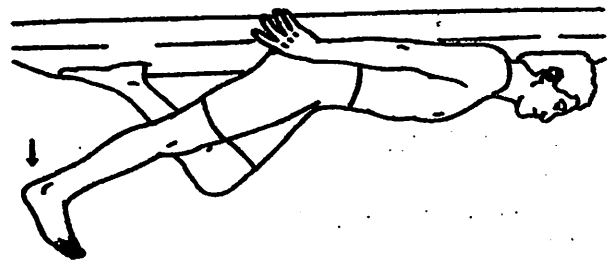
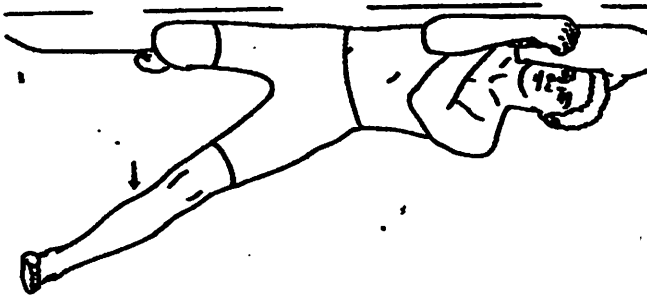


HIP / KNRR - 17 Strengthening: Straight Leg Raise
(Phase 1)



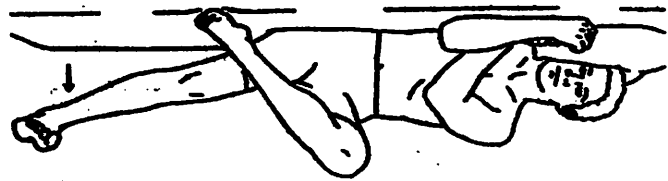
Tighten muscles on front of right thigh, then lift leg
_____ inches from surface, keeping knee locked.
Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

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



Tighten muscles on front of right thigh, then lift leg
_____ inches from surface, keeping knee locked.
Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

HIP / KNRR - 22 Strengthening: Hip Adduction
(Side-Lying)



Tighten muscles on front of right thigh, then lift leg
_____ inches from surface, keeping knee locked.
Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

Exercise 2: Hip Flexion

Starting position Sit on a high desk, between corner, or table with both legs placed over the edge and the knees bent 90 degrees Fig. 2a. KEEP YOUR BACK STRAIGHT. Clamp the front edge of the table with both hands. The weights are secured around the strap of the foot.

Action: Keeping the knee bent with the heel directly under the knee, SLOWLY raise the knee approximately 8 inches above the surface of the table Fig. 2b. SLOWLY lower to the starting position. Perform this exercise 25 times, rest for 30 seconds, and repeat 25 times for a total of 50 repetitions.

NOTE:

1. DO NOT lean backwards or rock the upper body. Keep your back straight.
2. DO grasp the edge of the table throughout the entire exercise.
3. The weights should NEVER TOUCH THE

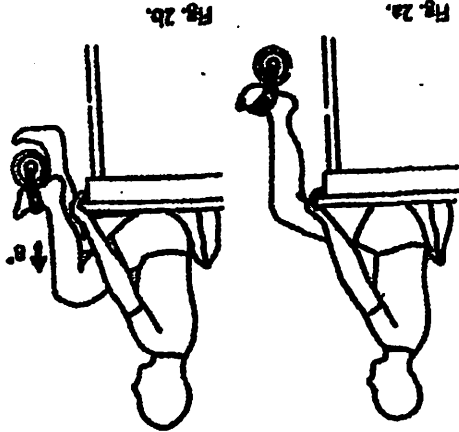


Fig. 2a.

Fig. 2b.