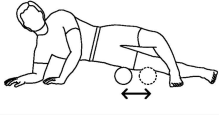


Stretch IT Band w/roll



- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

Special Instructions:

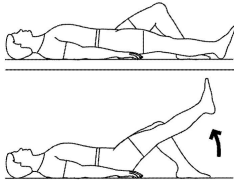
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.

Hold exercise for 20 Seconds.

AROM hip flx (SLR) supine knee bent



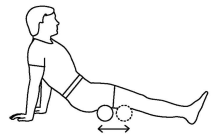
- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip/knee thigh massage w/roll



- Begin sitting with thighs on top of roller.
- Lift body up with arms and roll back of legs up and down the roll.

Special Instructions:

Move from hips to back of knees.

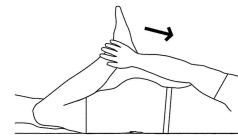
Perform 3 sets of 20 Repetitions, once a day.

Use Foam Roll.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Quads prone self

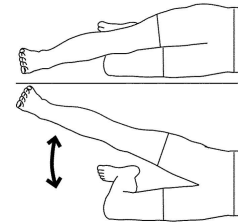


- Lie face down.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM hip abd uni sidelying



- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Special Instructions:

Do not roll trunk forward or backward.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.