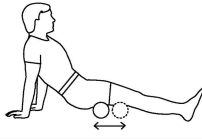


AROM hip/knee thigh massage w/roll



- 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.

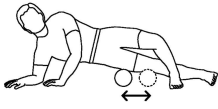
Perform 3 sets of 20 Repetitions, once a day.

Use Foam Roll.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch 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:

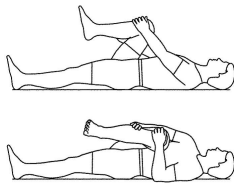
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.

Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx

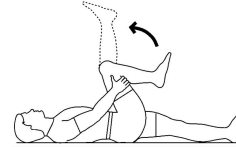


- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch hamstrings supine active

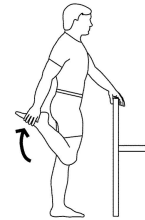


- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Quads standing



- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

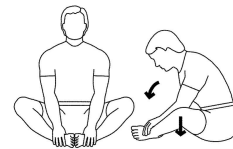
Special Instructions:

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch groin sit



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

Special Instructions:

Try to keep elbows on inside of knees.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.