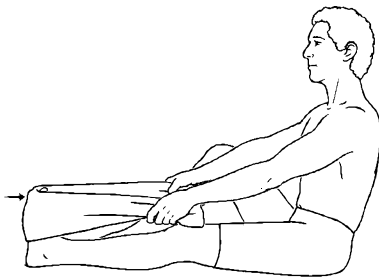




Routine For:
Created By: LEAH PELTIER, LAT

12-30-2008
PHASE I: KNEE STRETCHING

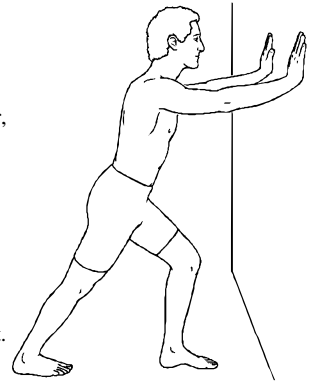
HIP / KNEE - 63 Stretching: Calf – Towel



Sit with knee straight and towel looped around left foot.
Gently pull on towel until stretch is felt in calf.
Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

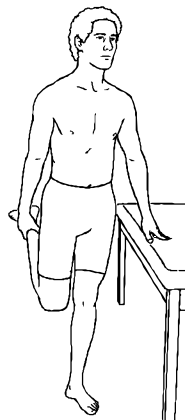
Stand with right foot back,
leg straight, forward leg
bent. Keeping heel on floor,
turned slightly out, lean
into wall until stretch
is felt in calf.
Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

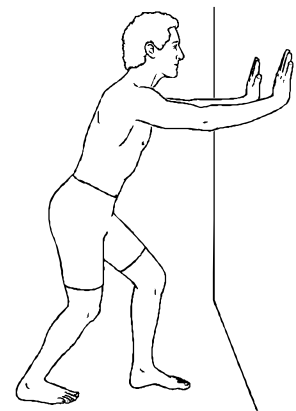
Pull right heel toward buttock until
stretch is felt in front of thigh.
Hold ____ seconds.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

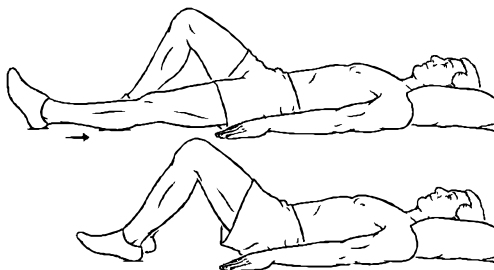
HIP / KNEE - 42 Stretching: Soleus

Stand with right foot back,
both knees bent. Keeping
heel on floor, turned
slightly out, lean into
wall until stretch is
felt in lower calf.
Hold ____ seconds.



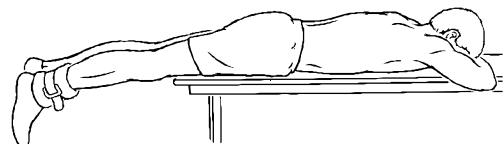
Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

HIP / KNEE - 65 Self-Mobilization: Heel Slide (Supine)



Slide left heel toward buttocks until a gentle stretch is felt.
Hold ____ seconds. Relax.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

HIP / KNEE - 71 Knee Extension Mobilization: Hang (Prone)



With table supporting thighs, place ____ pound weight
on right ankle. Hold ____ minutes.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.