

HIP / KNEE - 36 Stretching: Tensor

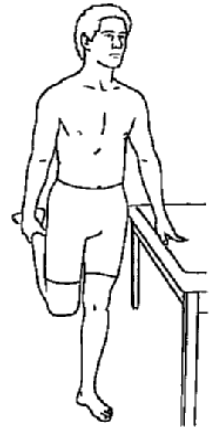
Cross uninjured leg over the injured leg, then lean away from the injured side. Hold 30 seconds.



Repeat 1 times per set.
Do 3 sets per session.
Do 2 sessions per day.

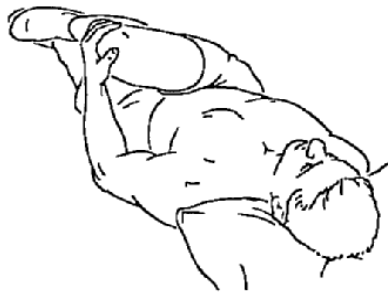
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.



Repeat 1 times per set.
Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull knee toward opposite shoulder. Hold 30 seconds. Relax.

Repeat 1 times per set. Do 3 sets per session.
Do 2 sessions per day.

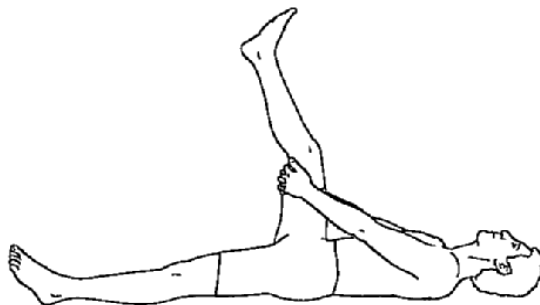
HIP / KNEE - 67 Stretching: Iliotibial Band

Cross injured leg behind other leg. Bend at waist, reaching toward floor. Hold 30 seconds. Relax.



Repeat 1 times per set.
Do 3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds.

Repeat 1 times per set. Do 3 sets per session.
Do 2 sessions per day.