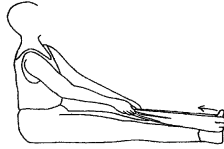


**1. CALF STRETCH:** Sit on hard surface with injured leg stretched out in front of you, loop towel/thera-band and pull toward your body. Hold for thirty seconds and then relax. Repeat 3 times.



**2. HAMSTRING STRETCH:** While seated with legs straight and heels resting on a book or rolled up towel, slowly lean over involved leg touching toes with hands and nose to knee. **DO NOT BOUNCE!** Repeat as often as possible.



Hold for 30 Sec. Repeat 3 times



Revised Hamstring Stretch

**3. QUAD SETS:** With leg as straight as possible, tighten thigh muscles, trying to pull kneecap toward hip. Hold for 5 seconds contracting the muscles as tight as possible. Relax and rest 2 seconds. Repeat 3 sets of 10.



**4. STRAIGHT LEG RAISES — ABDUCTION:** Tighten thigh muscles and raise leg upward, keeping knee straight. Lift leg 12" off of floor and hold 2 second. Slowly lower leg to floor. Repeat 3 sets of 10.



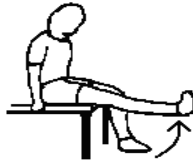
**5. STRAIGHT LEG RAISES — ADDUCTION:** Tighten thigh muscles and raise leg upward, keeping knee straight. Lift injured leg 6" - 12" off of floor and hold 2 seconds. Slowly lower leg to floor. Repeat 3 sets of 10.



**6. STRAIGHT LEG RAISES:** Lay on a flat surface with your uninvolvement leg bent at a 90 degree angle with your foot flat on the surface. Keep your involved leg straight without bending the knee; slowly lift the leg six inches off the floor. Hold for five seconds. Relax and Repeat 3 sets of 10.



**7. SEATED EXTENSION:** In sitting position, slowly extend lower leg until straight. Hold, contracting thigh muscles as tight as possible for 3 seconds, and slowly lower. Repeat 3 sets of 10.



**8. TERMINAL KNEE EXTENSION:** Place a rolled towel under involved knee, allowing knee to bend about 30 degree. Slowly extend lower leg until it is straight and contract thigh muscles as tight as possible for 3 seconds. Slowly lower heel to floor. Repeat 3 sets of 10.



**9. WALL SQUATS:** Standing with feet shoulder width apart and toes pointing slightly outward, bend knees and slowly squat down against wall. Maintain upright posture and do not allow thighs to go below parallel to floor. Hold 2 seconds and slowly return to start position. Repeat 3 sets of 10.

