

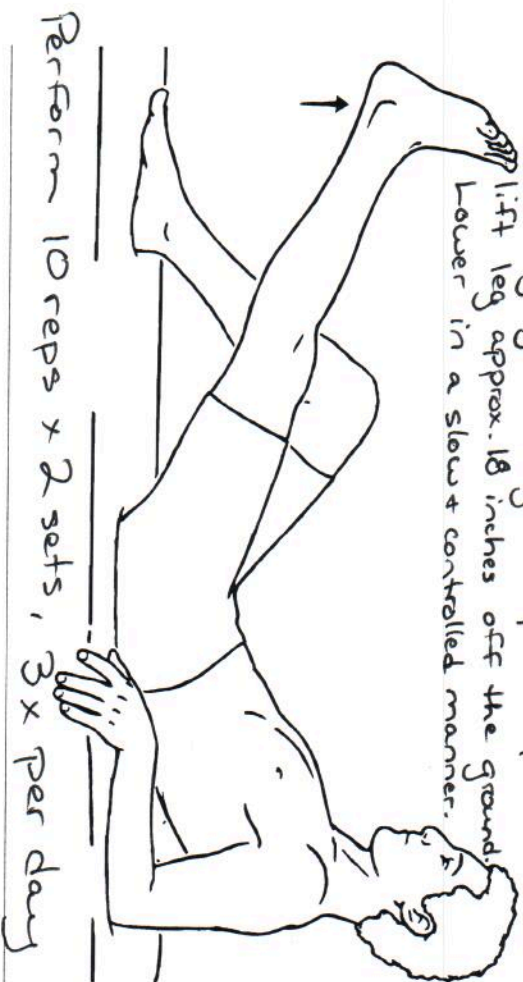


Questions?

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Keeping leg as straight as possible,
lift leg approx. 18 inches off the ground.
Lower in a slow + controlled manner.



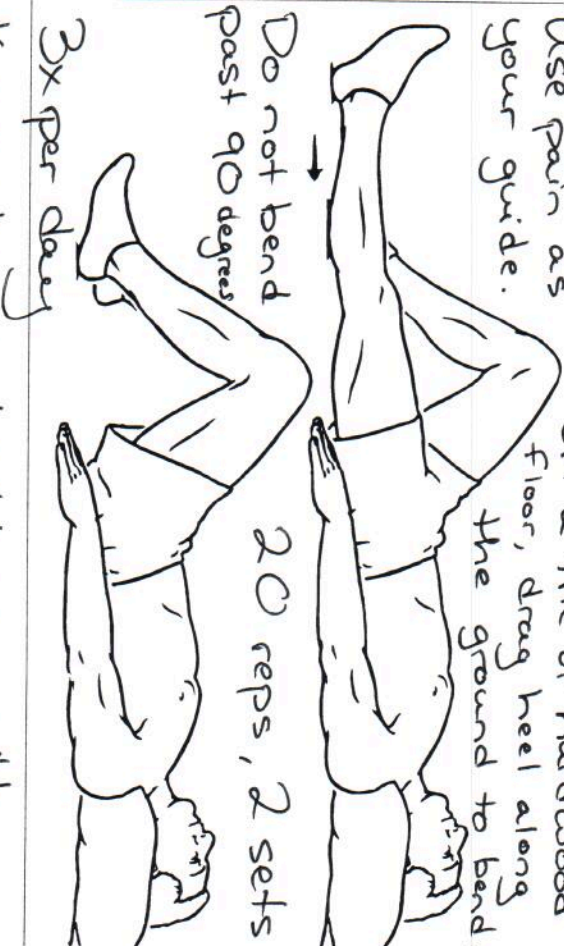
Perform 10 reps x 2 sets, 3x per day

To get full extension, place an object
under the heel, nothing under the knee.
Relax and let the knee straighten.



Hold 3 min, 2 times per day.

Use pain as
your guide.

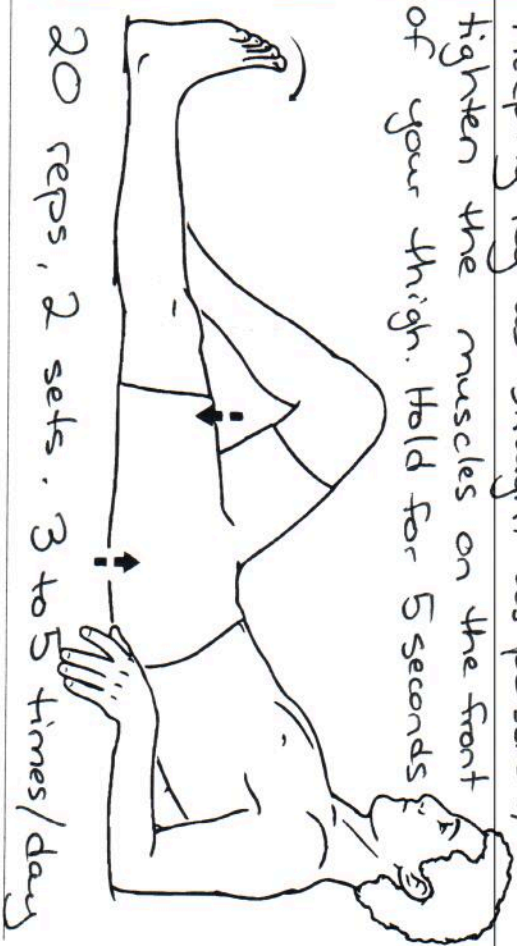


Do not bend
past 90 degrees

20 reps, 2 sets

3x per day

Keeping leg as straight as possible,
tighten the muscles on the front
of your thigh. Hold for 5 seconds



20 reps, 2 sets. 3 to 5 times/day

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.