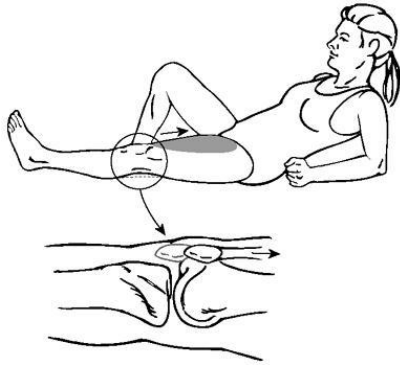
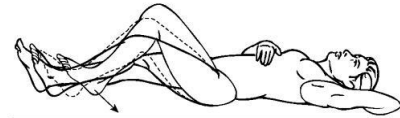


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STRENGTH • Quadriceps Set, Isometric

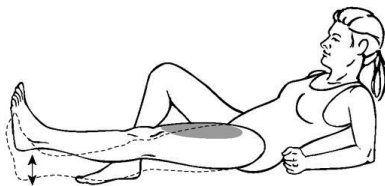
1. Lie flat or sit with your leg straight.
2. Tighten the muscle in the front of your thigh as much as you can, pushing the back of your knee flat against the floor. This will pull your kneecap up your thigh, toward your hip.
3. Hold the muscle tight for _____ seconds.
4. Repeat this exercise _____ times, _____ times per day.



STRENGTH • Hamstring, Isometrics

1. Lie on your back on the floor or a bed.
2. Bend your knee approximately _____ degrees.
3. Pull your heel into the floor or bed as much as you can.
4. Hold this position for _____ seconds. Rest for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.

STRENGTH • Quadriceps, Straight Leg Raise (SLR)



1. Tighten the muscle in front of your thigh as much as you can, pushing the back of your knee flat against the floor.
2. Lift your leg/heel 4 to 6 inches off the floor.
3. Lower your leg/heel back to the floor. Keep the muscle in front of your thigh as tight as possible as you lower your leg.
4. Then relax.
5. Repeat exercise _____ times, _____ times per day.

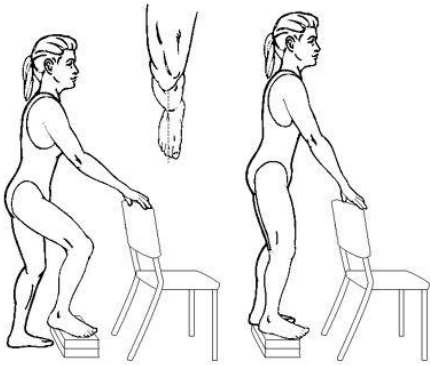
STRENGTH • Quadriceps, Squats

need a digital picture

1. Stand with your feet shoulder-width apart and place equal weight on both legs. You may use a balance aide.
2. Slowly bend both knees, keeping **equal weight** on both legs, as if sitting back for a chair.
3. **Do not let your knees go over our toes, or bend past 90°.**
4. Return to standing, pushing up through your heels.
5. Repeat exercise _____ times, _____ times per day.

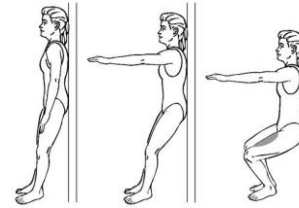
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STRENGTH • Quadriceps, Step-Ups



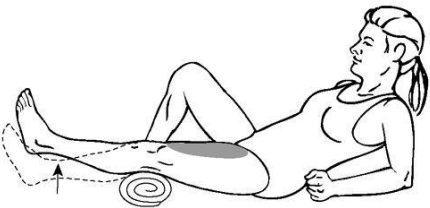
1. Use a step or books.
2. Place your foot on the step approximately ____ inches in height. Make sure that your kneecap is in line with your second toe.
3. Hold on to a hand rail, chair, wall, or another object for balance if needed.
4. Slowly step up and down. Make sure that the kneecap is always in line with your second toe and hips are level. Lightly touch the heel of the opposite leg to the floor and return to the starting position.
5. Repeat exercise ____ times, ____ times per day.

STRENGTH • Quadriceps, Wall Slide



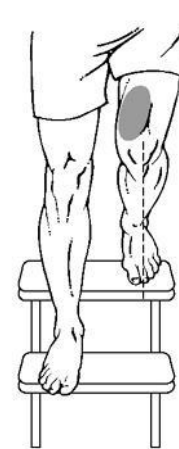
1. Stand with your back against the wall. Your feet should be shoulder-width apart and approximately 18 to 24 inches away from the wall. Your kneecaps should be in line with the tip of your shoes or your second toe.
2. Slowly slide down the wall so that there is a ____ degree bend in your knees.
3. Hold this position for ____ seconds. Stand up and rest for ____ seconds.
4. Repeat exercise ____ times, ____ times per day.

STRENGTH • Quadriceps, Short Arcs



1. Lie flat or sit with your leg straight.
2. Place a ____ inch roll under your knee, allowing it to bend.
3. Tighten the muscle in the front of your knee as much as you can, and lift your heel off the floor.
4. Hold this position for ____ seconds.
5. Repeat exercise ____ times, ____ times per day.

STRENGTH • Quads, Step-downs



1. Stand on the edge of a step/stair. **Make sure your kneecap is in line with your second toe.**
2. Slowly step down and touch the heel of your opposite leg on the stair below you. Return to the starting position.
3. Do not go into a painful range. Stop short of the step if necessary to avoid any pain.
4. Repeat exercise ____ times, ____ times per day.

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STRENGTH • PB Wall Squats

1. Stand with feet shoulder-width apart.
2. Place ball between small curve of back and wall.
3. Bend knees, but not over toes.
4. Keep knees aligned over feet when squatting.
5. Repeat exercise _____ times, _____ times per day.



STRENGTH • Isometric Quad/VMO

1. Sit in a chair with your knee bent 75 to 90 degrees as shown in the drawing.
2. With your fingertips, feel the muscle just above the kneecap on the inside half of your thigh. This is the VMO.
3. Push your foot and leg into the floor to cause the thigh muscles to tighten.
4. Concentrate on feeling the VMO tighten. Hold for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.

STRENGTH • Terminal Knee Extension

1. Anchor tubing at knee height.
2. Stagger stance, shoulder width apart. Front leg knee is slightly flexed, but not over your toes.
3. Slowly straighten knee.
4. Concentrate on feeling the quads tighten. Hold for _____ seconds. Relax.
5. Repeat exercise _____ times, _____ times per day.