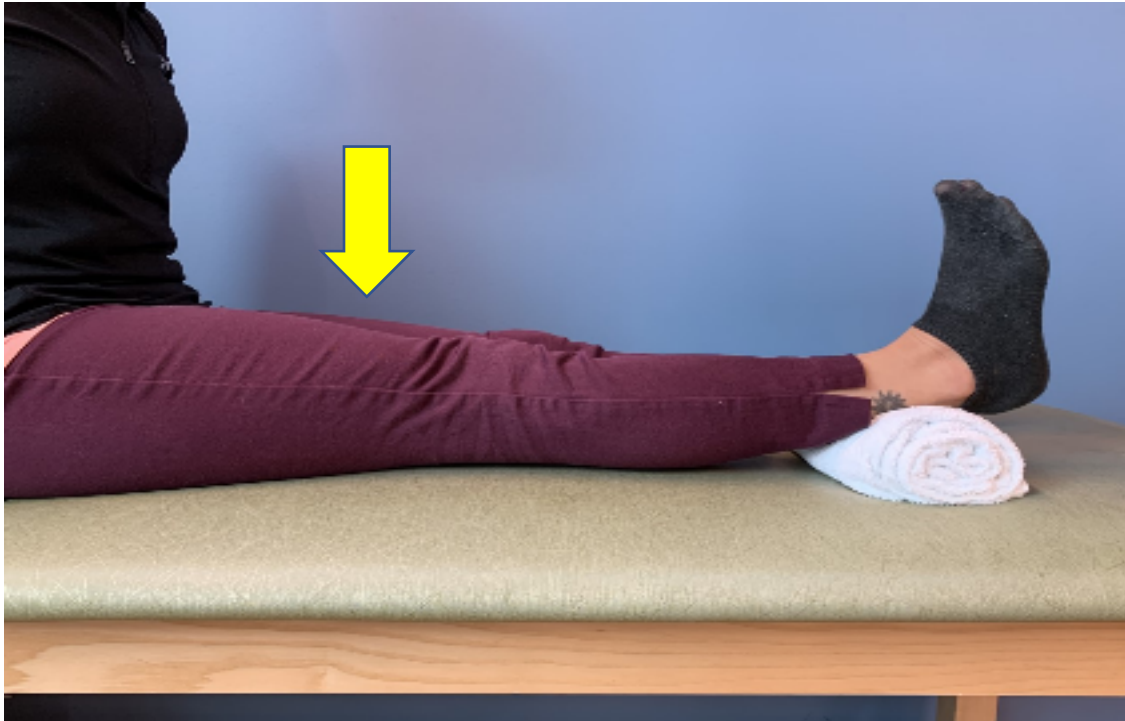


Quad Set



Put a towel roll under your heel. Actively squeeze your thigh muscle, trying to press the back of your knee flat to the surface.

Hold _____ seconds.

Repeat _____ times.

Hamstring & Calf Stretch



Put a towel roll under your heel. Place strap or belt around the ball of your foot. Use hands to pull toes towards nose until stretch felt in calf.

Hold _____ seconds.

Repeat _____ times.

Assisted Heel Slide



Place a strap around your foot. You may also use hands under thigh to support knee. Allow knee to bend as you pull your heel in towards your buttock.

Hold _____ seconds.

Repeat _____ times.

Prone Rectus Femoris Stretch



Lay on your stomach with strap around foot or ankle. Allow leg muscles to relax, pull strap over shoulder to bring heel in towards buttock.

Hold _____ seconds.

Repeat _____ times.

Passive Extension



Place a towel roll under your heel. Allow your leg to relax without letting foot roll to the inside or outside. Rest in this position as long as prescribed.

Hold _____ minutes.

Apply heat/ice _____ minutes.

Prone Hang

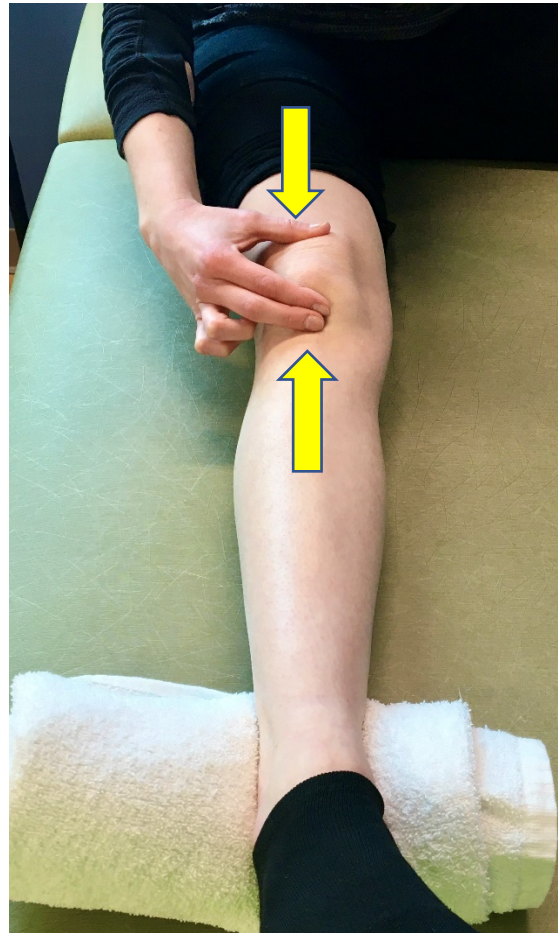
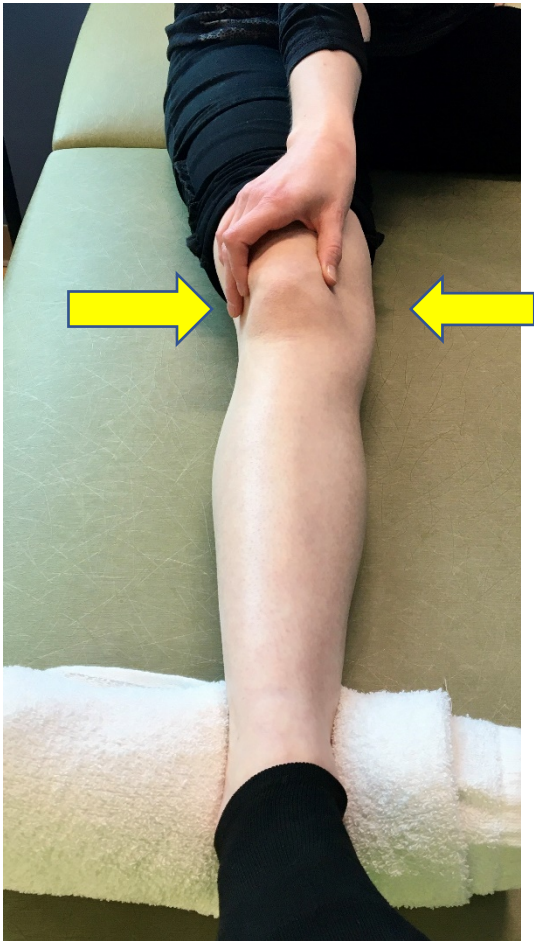


Lay on your stomach, close enough to the foot of the bed to allow your lower leg to hang off the edge. Optional towel under thigh to reduce pressure on knee cap. Allow leg to relax with knee cap and toes facing down. Rest in this position as long as prescribed.

Hold _____ minutes.

Apply heat/ice _____ minutes.

Patellar Mobilizations



Allow leg to relax while it is supported on bed/couch. Use hand as instructed by therapist to self-mobilize the knee cap.

Repeat _____ in _____ direction(s).