HIP and KNEE - 18 Strengthening
Straight Leg Raise, Phase II

Rest on forearms, tighten muscle on front of thigh, then lift leg 8 - 10 inches from surface, keeping knee locked.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

HIP and KNEE - 20 Strengthening
Phone Hip Extension

Lying on stomach, tighten muscle on front of thigh, then lift leg 8 - 10 inches from floor, keeping knee locked.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

HIP and KNEE - 21 Strengthening
Side-Lying Hip Abduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

HIP and KNEE - 22 Strengthening
Side-Lying Hip Adduction

Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.