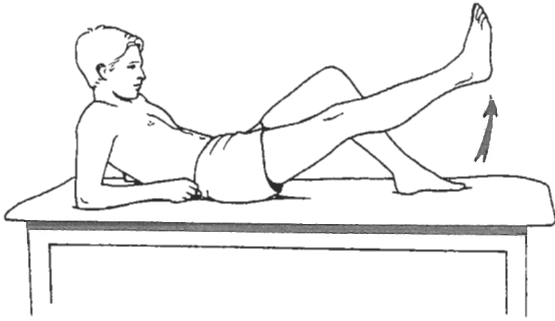


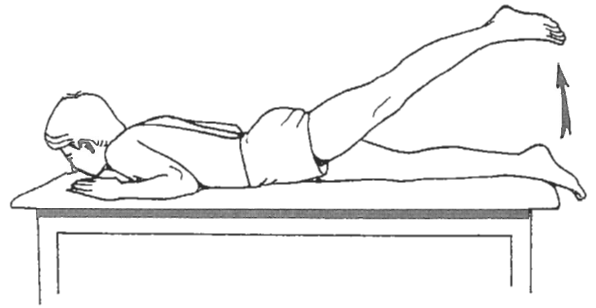
HIP and KNEE - 18 Strengthening
Straight Leg Raise, Phase II



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.

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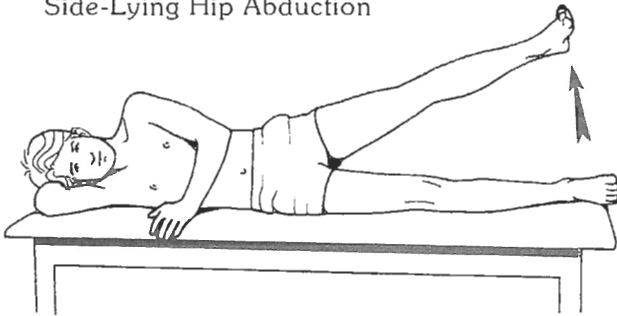
HIP and KNEE -20 Strengthening
Prone Hip Extension



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.

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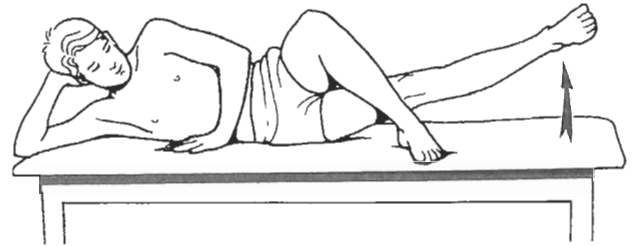
HIP and KNEE - 21 Strengthening
Side-Lying Hip Abduction



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

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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.

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