Strengthening Exercises
SUTTER ORTHOPAEDIC INSTITUTE

HIP and KNEE - 23 Strengthening
Terminal Knee Extension

With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.
Hold __ seconds. Repeat __ times.
Do __ sessions per day.

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 - 24 Strengthening
Standing Knee Flexion

Standing, bend knee up as far as possible.
Hold __ seconds.
Repeat __ times.
Do __ sessions per day.

HIP and KNEE - 11 Strengthening: Quadriceps Sets

Tighten muscles on top of thigh by pushing knees down into floor or table.
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 away from floor.
Hold __ seconds. Repeat __ times.
Do __ sessions per day.