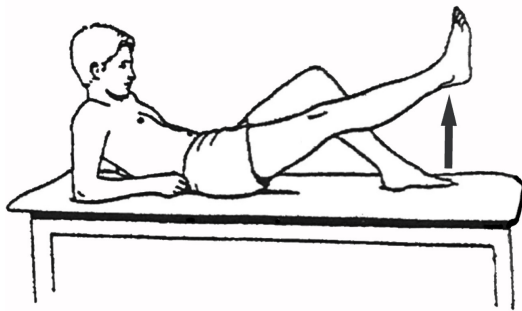


AFTERCARE & EXERCISES

Sit with the lower limbs hanging freely placing the heels of both hands onto the thigh just superior to the Patella. Gently push the heels forward exerting the ligaments at the knee. This can be performed daily 6X for each knee. Add a weight, such as a bag of rice laying on the back of the foot for extra resistance.

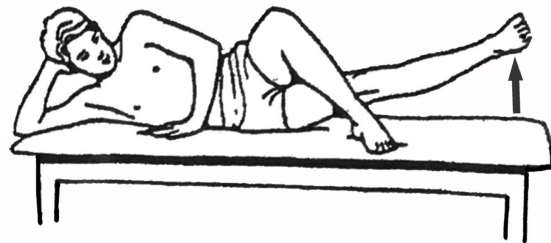
Use of anti-inflammatory ointments or poultices can be considered. However, it is best to ascertain the effectiveness of the procedure alone before applications are used.

Straight Leg Raise



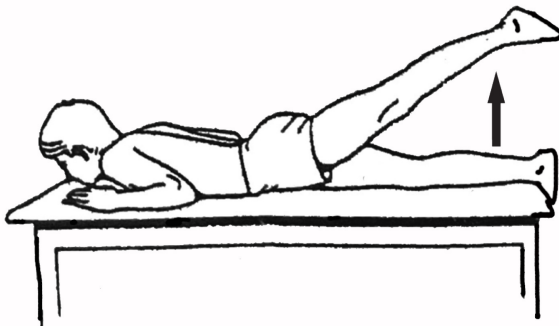
Rest on forearms, tighten muscle on front of thigh, then lift leg 8-10 inches away from surface. Keep knee locked.
Hold _____ seconds. Repeat _____ times.

Side Lying Hip Adduction



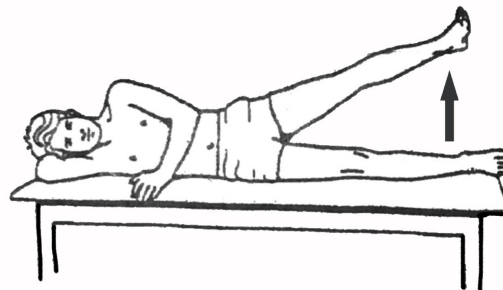
Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from surface.
Hold _____ seconds. Repeat _____ times.

Prone Hip Extension



Lying on stomach, tighten muscle on front of thigh, then lift leg 8-10 inches away from surface. Keep knee locked.
Hold _____ seconds. Repeat _____ times.

Side Lying Hip Abduction



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from surface.
Hold _____ seconds. Repeat _____ times.