

# Prima CARE

## Orthopedics

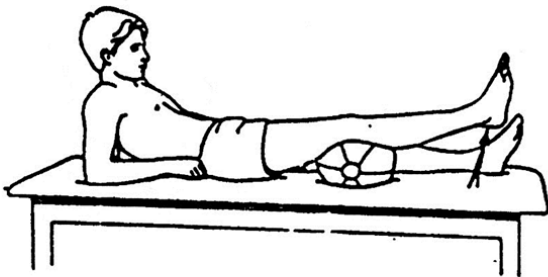
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### HIP/KNEE STRENGTHENING

#### HIP and KNEE- 23 Strengthening Terminal Knee Extension



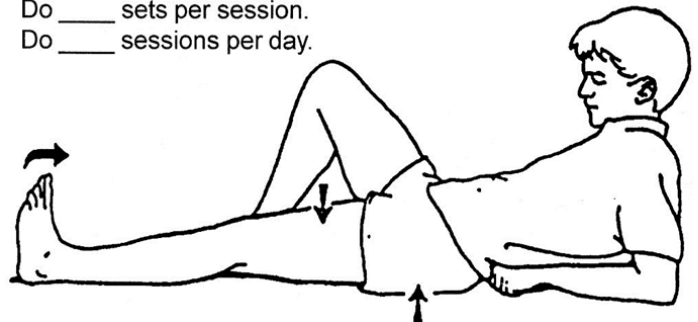
With knee bent over bolster, straighten knee by tightening muscle on top of thigh. Be sure to keep bottom of knee on bolster.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

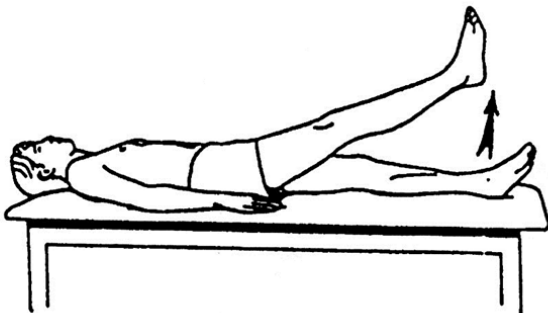
#### HIP / KNEE - 64 Antiemboli Isometric

Extending toes toward knee, tense the muscles of the front of the thigh and simultaneously squeeze buttocks. Keep leg and buttock flat to the floor.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times per set  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.



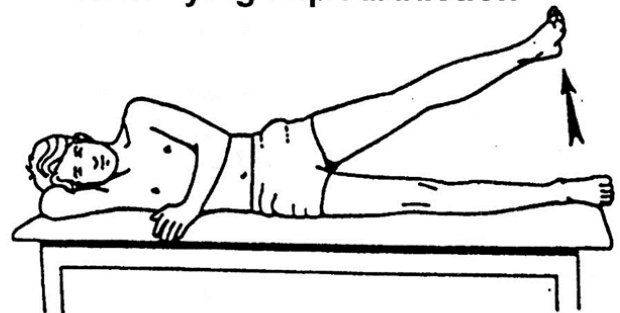
#### HIP and KNEE - 17 Strengthening Straight Leg Raise Phase 1



Tighten muscle on front of the 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



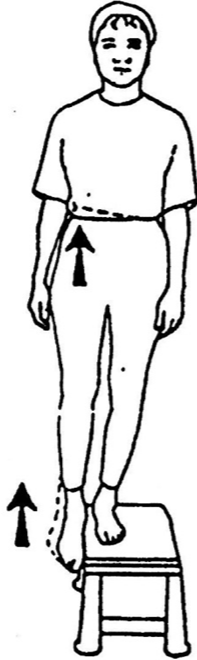
Lying on side, tighten muscle on front of the thigh, then lift leg 8-10 inches.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### HIP and KNEE- 56 Hip Hiking

Standing on stool with straight knee, raise the unsupported hip while keeping knee straight.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.



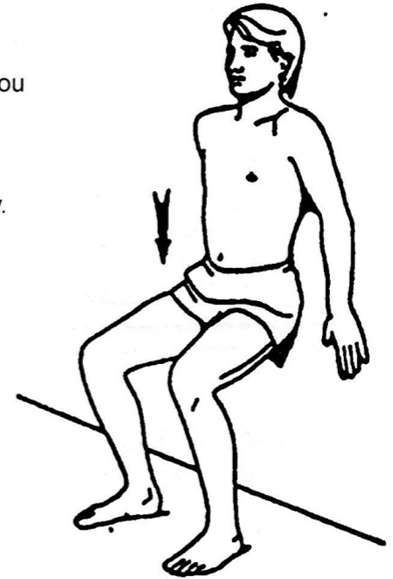
### HIP and KNEE- 25 Strengthening Wall Slides

Leaning on wall, slowly lower buttocks toward floor until your thighs are parallel to floor.

Hold \_\_\_\_ seconds.

Tighten thigh muscle as you return to starting position.

Repeat \_\_\_\_ times  
Do \_\_\_\_ sessions per day.



### HIP and KNEE- 45 Resisted Hamstring Curls in Prone

Bend knee from a straight position.

Repeat \_\_\_\_ repetitions per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per day.

