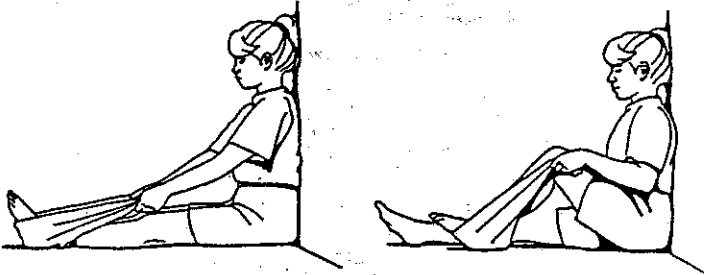


HIP and KNEE - 46 Passive Range of Motion
Knee Flexion



With towel around heel, gently pull knee upwards with towel until stretch is felt.

Repeat 30 Repetitions/set. Do Sets/session.
Do 3 Sessions/day.

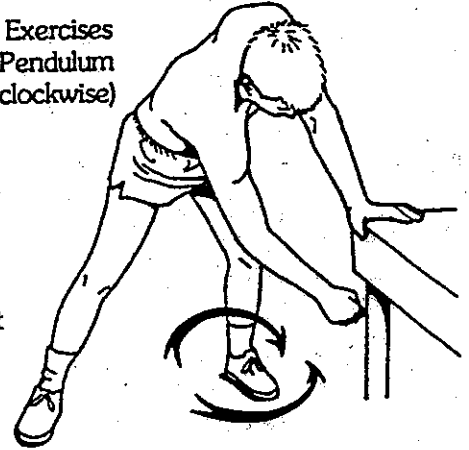
Copyright VHI 1992

SHOULDER - 26
Range of Motion Exercises
(Codman's Exercises): Pendulum
(Clockwise/counterclockwise)

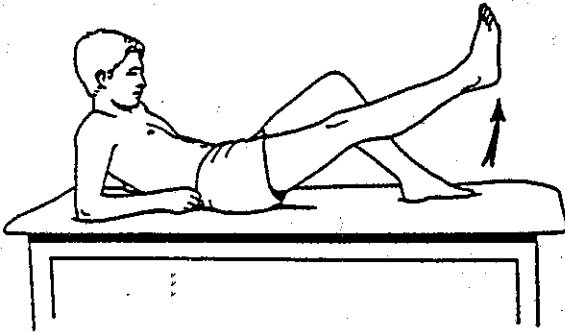
Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat 30 times.
Do 3 sessions per day.

Copyright VHI 1990



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 3 seconds. Repeat 30 times.
Do 3 sessions per day.

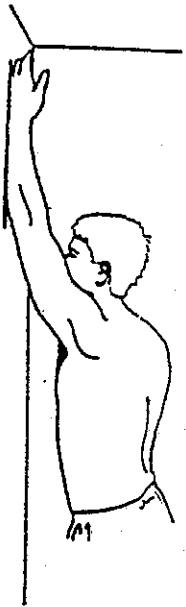
Copyright VHI 1990

SHOULDER - 8
Range of Motion Exercises
(Self-stretching activities):
Flexion(alternate)

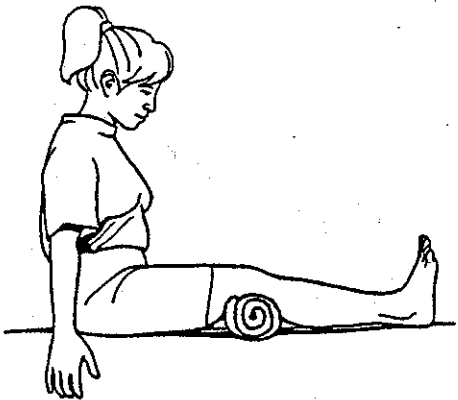
Slide arm up wall with palm toward you by moving closer to wall.

Hold 10 seconds.
Repeat 10 times.
Do 3 sessions per day.

Copyright VHI 1990



HIP and KNEE - 49 Quad Set in Slight Flexion



Gently tense muscle on top of thigh.
Hold 5 Seconds: Repeat 30 Repetitions/set.
Do Sets/session. Do 3 Sessions/day

Copyright VHI 1992