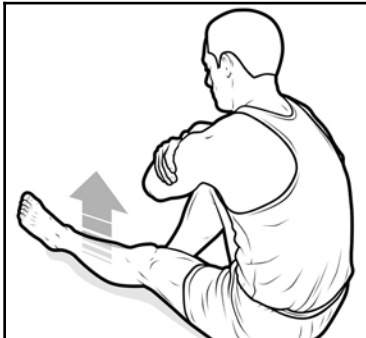


1 ACTIVE KNEE FLEXION
Lie on your back with your legs straight (1). Slowly slide your heel along the floor towards your buttocks, bending your knee as far as you can (2). Slowly straighten your leg and repeat.

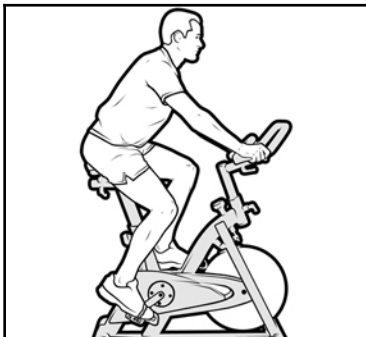
2

SETS & REPS: 10-20 reps FREQUENCY: 3-5 x day



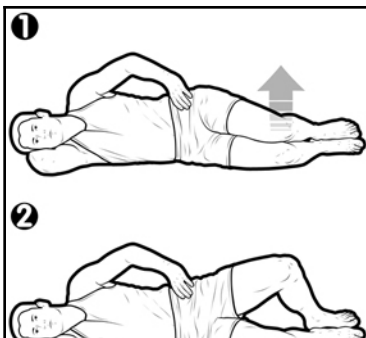
MUNCIE STRAIGHT-LEG RAISE
Sit with your uninjured leg bent and your heel placed beside your opposite knee. Lean forward, hug your knee and rotate your straight leg outwards until your big toe is pointing to 10 o'clock (left leg) or 2 o'clock (right leg). Pull your foot back, contract your quadriceps and raise your leg 1 inch off the floor. Hold for 5 seconds then slowly lower and repeat.

SETS & REPS: 2 x 10 FREQUENCY: Daily



STATIONARY BIKE
Use a stationary bike for 20-30 minutes each day. Increase resistance as tolerated.


SETS & REPS: 20-30mins FREQUENCY: Daily



1 PGM CLAMS
Lie on your side with your hips bent to 45° and your knees flexed to 90° (1). Raise your top knee as high as you can without your hips rolling back (2). Slowly lower and repeat.

2

SETS & REPS: 3 x 15 FREQUENCY: 3-5 x week



1 SINGLE-LEG PRESS
With one foot firmly against the foot-plate (1), push your leg straight (2). Maintain a neutral lumbar spine position throughout the movement. Return to the start position and repeat.

2

SETS & REPS: 3 x 10-12 FREQUENCY: 3-4 x week