

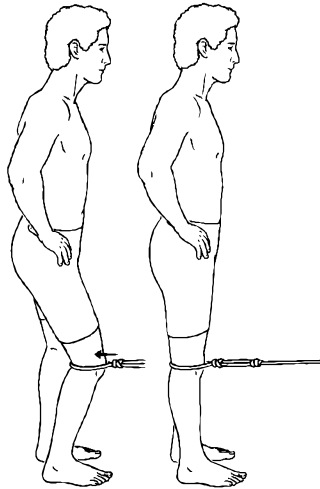


Routine For:
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Knee Exercises

HIP / KNEE - 43 Terminal Knee Extension (Standing)

Facing anchor with knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.

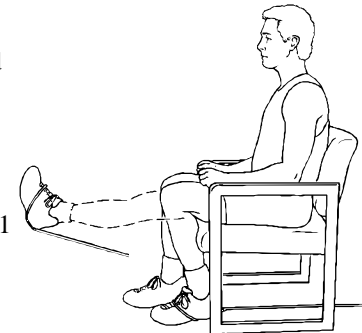


Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

REHAB: LOWER EXTREMITY - 12
Knee Extension: Sitting (Single Leg)

Sitting, face away from anchor, knee flexed, tubing looped around foot. Extend knee.

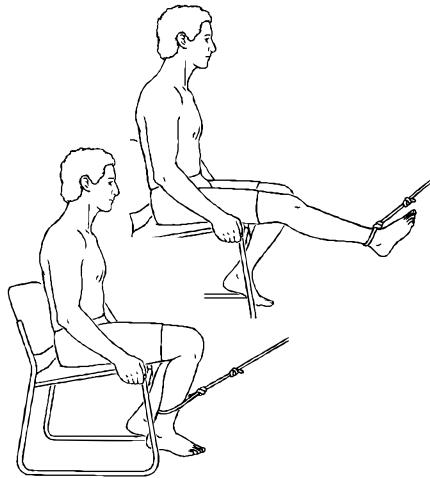
Repeat 15 times per set.
Repeat with other leg.
Do 2 sets per session. Do 1 sessions per day.



Anchor Height: Mid-shin

HIP / KNEE - 44 Hamstring Curl: Resisted (Sitting)

Facing anchor with tubing on ankle, leg straight out, bend knee.



Repeat 15 times per set.
Do 3 sets per session.
Do 2-3 sessions per day.

LOWER EXTREMITY - 3
Parallel Squat

Perform a squat as shown in a comfortable range of motion. Do not bend knees past 90deg.

Repeat 15 times per set. Do 2 sets per session. Do 1 sessions per day.

