



Personal Exercise Program Agility Orthopedics

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Provided by : Physical Therapist

Date : 2/8/2017



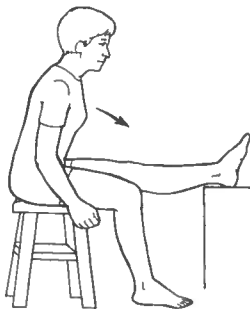
1. Lie on back holding painful knee and ankle as shown
2. Pull knee towards opposite shoulder until comfortable stretch is felt behind hip
3. Hold 30 seconds
4. Perform 2 repetitions, 1-2 times per day

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1. Stand with uninvolved side facing wall
2. Cross the painful leg behind the other leg and toward the wall
3. Bend the forward knee slightly and lean your trunk toward the wall until you feel a stretch on the outside of the hip (see arrow)
4. Hold 30 seconds
5. Perform 2 repetitions, 1-2 times per day

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1. Sit with leg propped as shown
2. Relax, letting the leg straighten
3. Lean forward, keeping the back straight
4. Hold 30 seconds
5. Perform 2 repetitions, 1-2 times per day

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1. Lie on back
2. Pull painful leg up toward chest as far as you can
3. Hold 30 seconds
4. Perform 2 repetitions, 1-2 times per day

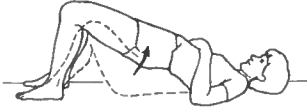
****Do on both sides****

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1. Lie on side with left leg on top
2. Bend lower leg slightly
3. Raise top leg straight up, without letting it come forward
4. Slowly relax
5. Perform 3 sets of 10 repetitions, 1-2 times per day

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1. Lie on back with legs bent as shown
2. Put pillow between knees
3. Squeeze pillow, tighten buttocks and raise it off floor as high as you can
4. Keep pelvis level
5. Hold 3-5 seconds, slowly relax
6. 3 sets of 10 repetitions, 1-2 times per day

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