

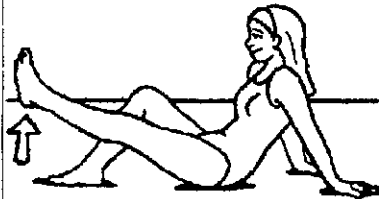


Protocol: Little man

General Instructions: Stretch first. Begin with 2 sets of 5-7 repetitions. Advance to 2 sets of 10 repetitions as long as there is no pain during the exercise. The first 5 exercises are the easiest. Add the second group of 5 exercises only once the first set of 5 is mastered.

Straight Leg Raise (3)

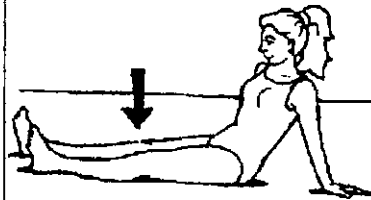
While lying back on hands as shown tighten stomach muscles, then slowly lift leg 6 - 12 inches from floor keeping knee straight. Do this to count of 7: 4 counts up and 3 counts down. Try to tighten your muscles tighter on each count.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Quadriceps sets

Tighten muscles on top of thigh as if attempting to push knee down into floor. Look for tightening of the muscle on the inside of the thigh.



Hold 10 seconds. Relax.
Repeat 2 time(s).
Do 1 session(s) per day.

Standing Hip Extension

Keeping knee straight, extend hip backward as shown. Avoid rotation of pelvis.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Side-lying Hip Abduction

While lying on side, slowly lift top leg 10 - 24 inches away from floor.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Side-lying Hip Adduction

While lying on side as shown, slowly lift bottom leg 10 - 15 inches away from floor.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Resisted Hip Flexion

With tubing secured around ankle and at base of a stable piece of furniture, keep knee straight as you bring the leg forward as shown. Slowly return to start.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.



Exercises for: Generic

Prescribed by: Lesley J Anderson MD 05/29/99

Protocol: Little man

General Instructions: Stretch first. Begin with 2 sets of 5-7 repetitions. Advance to 2 sets of 10 repetitions as long as there is no pain during the exercise. The first 5 exercises are the easiest. Add the second group of 5 exercises only once the first set of 5 is mastered.

Resisted Hip Extension

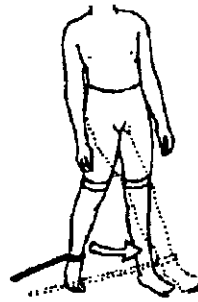
With tubing secured around ankle and at base of a stable piece of furniture, keep your knee and back straight as you pull the leg straight back. Slowly return to start.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Resisted Hip Diagonal Flexion (D1)

With tubing secured around ankle and at base of stable piece of furniture, keep knee straight as you bring leg forward and across body as if kicking a ball. Slowly return to start.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Step-up Exercises

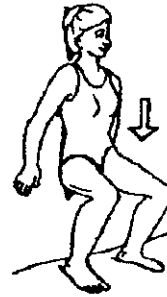
Using step stool, step up with involved leg. Return to start. Avoid leaning forward. Do not do this exercise if you have pain in the front of the knee.



Repeat 10 time(s) on each side.
Do 2 session(s) per day.

Wall Slides

With feet shoulder width apart and 12-18 inches away from wall as shown, slowly lower buttocks toward floor until your thighs are 1/4 of the way down the wall. Hold. Return to start. If there is any pain in the front of the knee-then avoid this exercise



Hold 10 seconds, then return to starting position.
Repeat 1 time(s).
Do 2 session(s) per day.