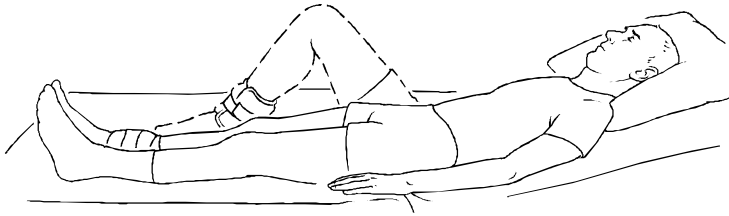


KNEE - 1 FLEXION: Supine (Active)



Lie on back, legs straight. Bend right knee and hip toward chest. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.

Perform \_\_\_\_ sessions per day.

KNEE - 4 FLEXION: Side-Lying (Active)

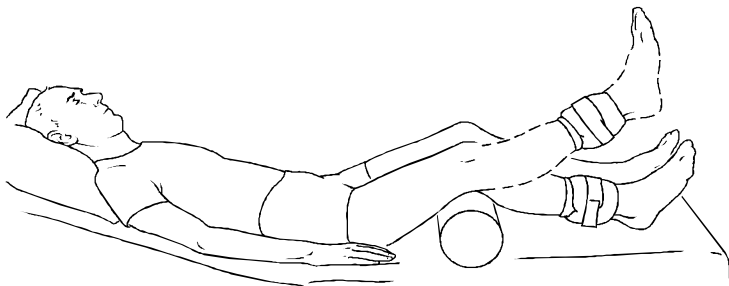


Lie on left side with legs straight. Pull heel of top leg toward buttocks. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.

Perform \_\_\_\_ sessions per day.

KNEE - 21 EXTENSION: Over Bolster (Active)



Lie on back, legs over bolster. Straighten right knee. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.

Perform \_\_\_\_ sessions per day.

KNEE - 25 EXTENSION: Side-Lying (Active)



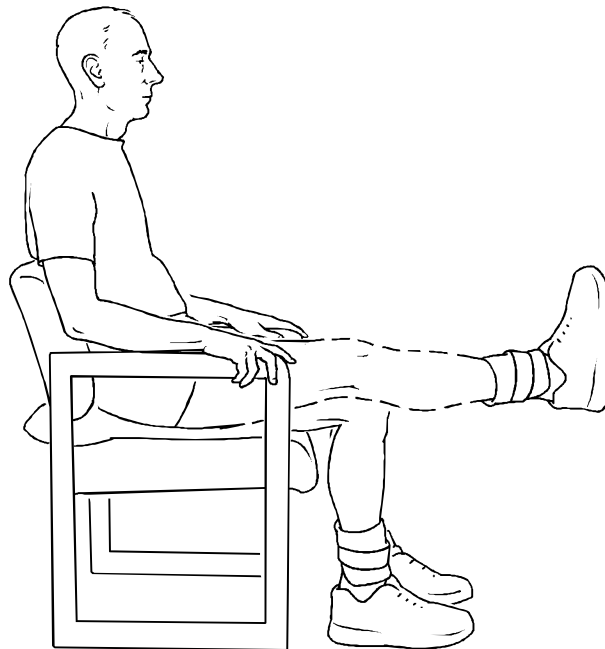
Lie on left side, with knees bent. Straighten top leg. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.

Perform \_\_\_\_ sessions per day.

### KNEE - 28 EXTENSION: Sitting (Active)

Sit with feet flat.  
Straighten right  
knee. Use \_\_\_\_\_ lbs.

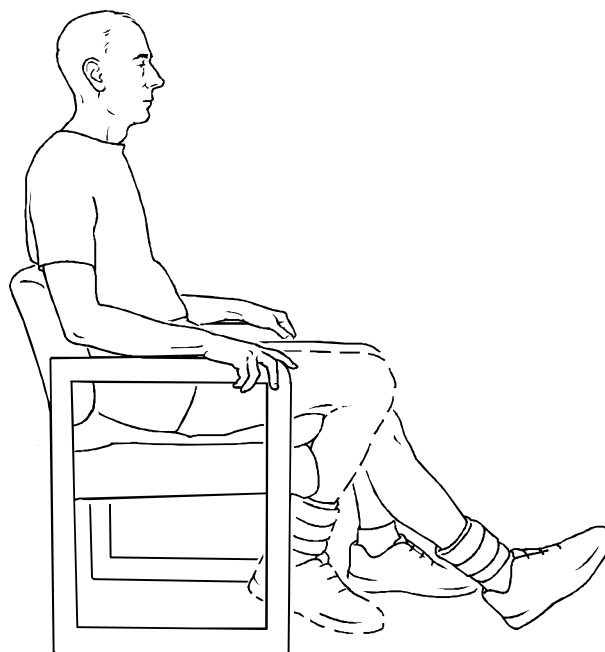


Complete \_\_\_\_\_ sets  
of \_\_\_\_\_ repetitions.  
Perform \_\_\_\_\_ sessions  
per day.

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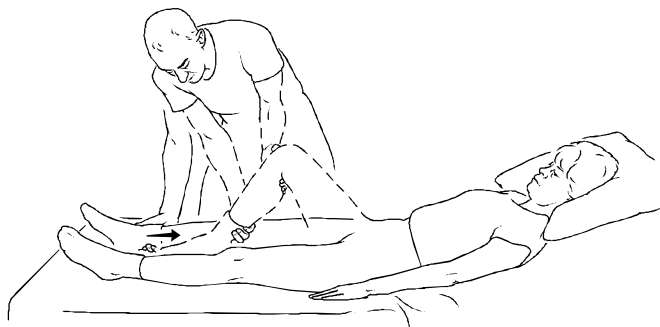
### KNEE - 7 FLEXION: Sitting (Active)

Sit with right leg  
extended. Bend  
knee and draw  
foot backward.  
Use \_\_\_\_\_ lbs.



Complete \_\_\_\_\_ sets  
of \_\_\_\_\_ repetitions.  
Perform \_\_\_\_\_ sessions  
per day.

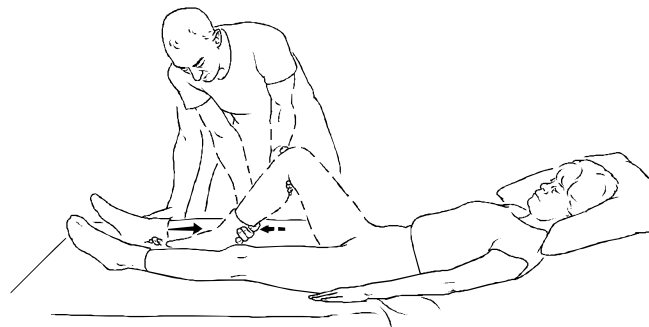
**KNEE - 2 FLEXION: Supine (Active – Assistance)**



Lie on back, legs straight. With assistance, bend right knee and hip toward chest.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

**KNEE - 3 FLEXION: Supine (Manual Resistance)**



Lie on back, legs straight. Against resistance, bend right knee and hip toward chest.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

**KNEE - 6 FLEXION: Side-Lying (Manual Resistance)**

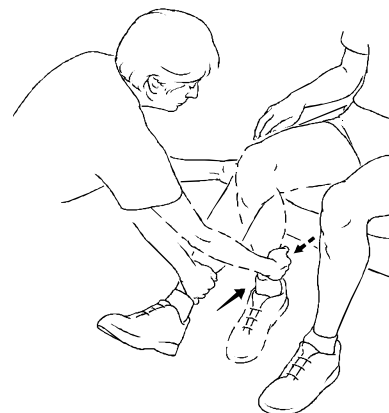
Lie on left side with legs straight. Against resistance, pull heel of top leg toward buttocks.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

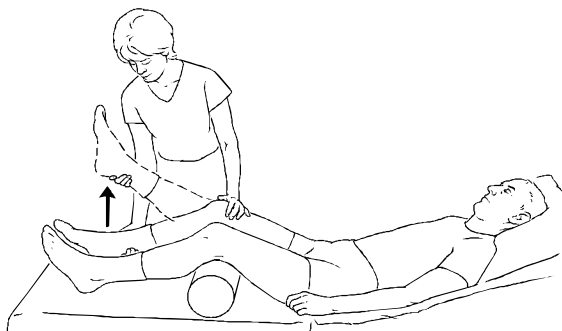
**KNEE - 8 FLEXION: Sitting (Manual Resistance)**

Sit with right leg extended. Against resistance, bend knee and draw foot backward.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

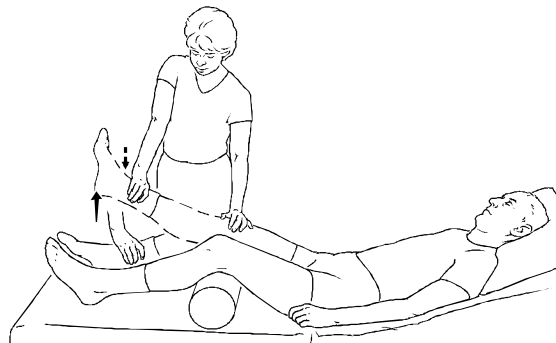
**KNEE - 22 EXTENSION: Supine Over Bolster (Active – Assistance)**



Lie on back, legs over bolster. Straighten right knee with assistance.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

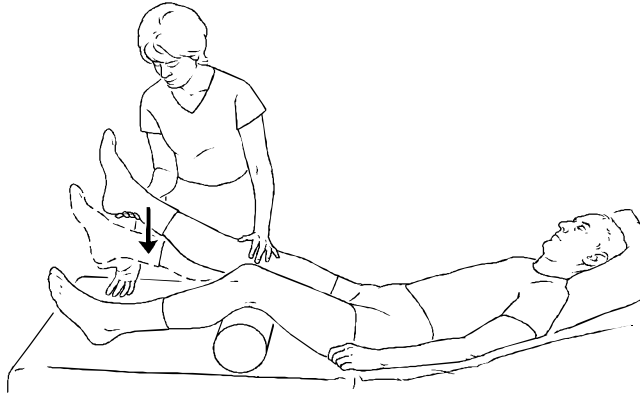
**KNEE - 23 EXTENSION: Supine (Manual Resistance)**



Lie on back, legs over bolster. Straighten right knee against resistance.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

KNEE - 24 EXTENSION: Supine (Eccentric)



Lie on back, legs over bolster. With assistance, extend right knee and slowly lower over \_\_\_\_ seconds.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

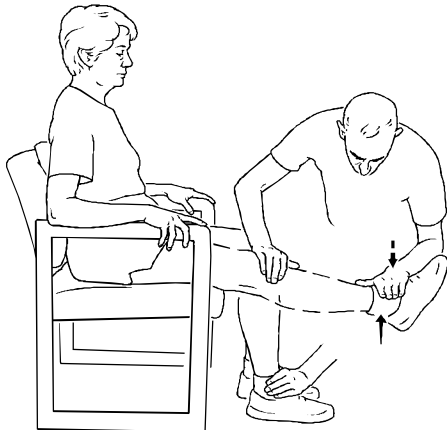
KNEE - 27 EXTENSION: Side-Lying (Manual Resistance)



Lie on left side with knees bent. Against resistance, straighten top knee.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

KNEE - 29 EXTENSION: Sitting (Manual Resistance)

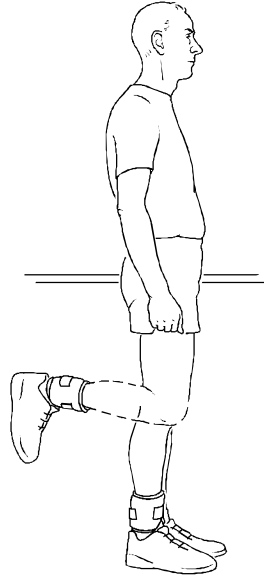


Sit with feet flat. Against resistance, straighten right knee.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

KNEE - 14 FLEXION: Standing – Stable (Active)

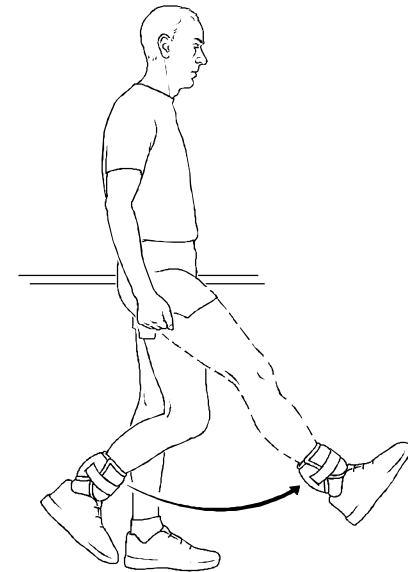
Stand, both feet flat. Bend right knee, bringing heel toward buttocks. Use \_\_\_\_ lbs.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions. Perform \_\_\_\_ sessions per day.

KNEE - 33 EXTENSION: Standing – Stable (Active)

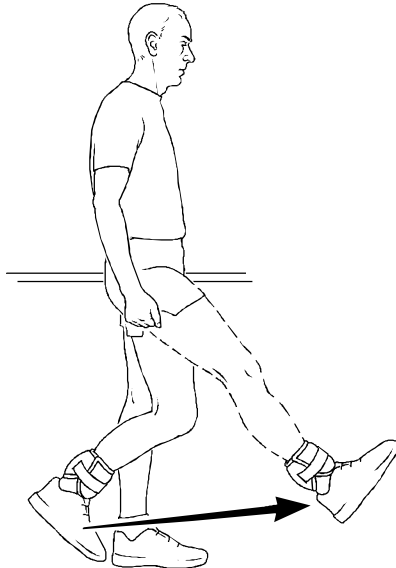
Stand with right knee bent. Straighten fully, moving foot forward. Use \_\_\_\_ lbs.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions. Perform \_\_\_\_ sessions per day.

KNEE - 34 EXTENSION: Standing – Stable (Power)

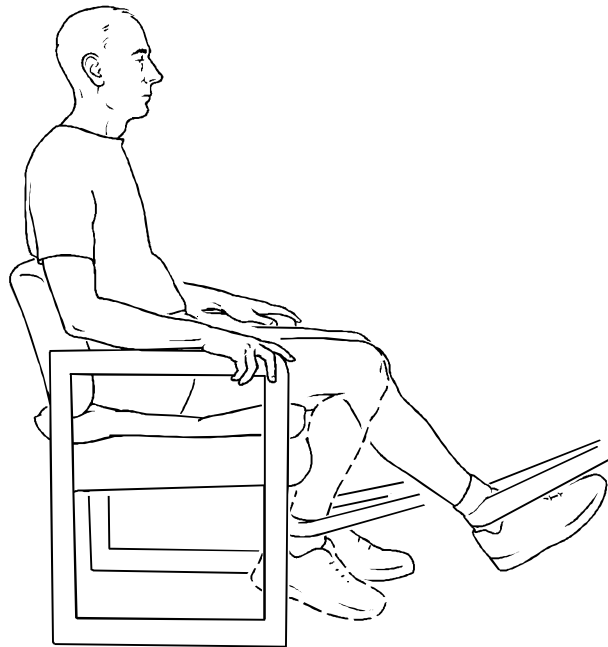
Stand with right knee bent. Straighten fully, moving foot forward *as quickly as possible*. Use \_\_\_\_ lbs.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions. Perform \_\_\_\_ sessions per day.

### KNEE - 9 FLEXION: Sitting – Resistance Band (Active)

Sit with right leg extended. Against yellow resistance band, bend knee and draw foot backward.

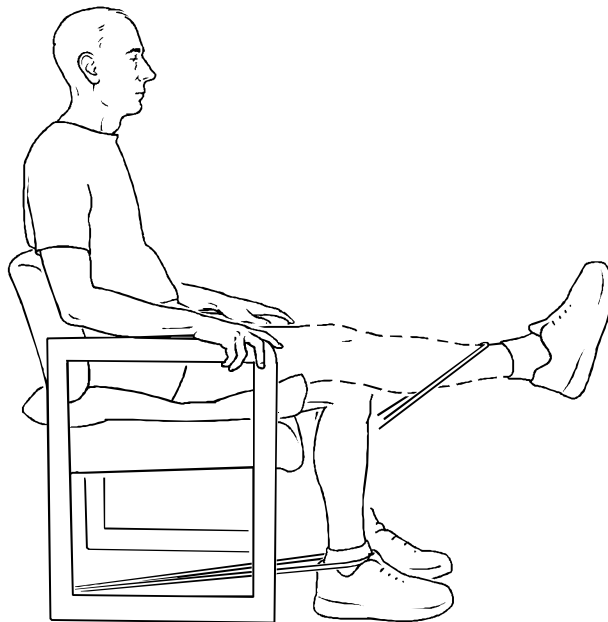


Complete \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. Perform \_\_\_\_\_ sessions per day.

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### KNEE - 30 EXTENSION: Sitting – Resistance Band (Active)

Sit with feet flat. Against yellow resistance band, straighten right knee.

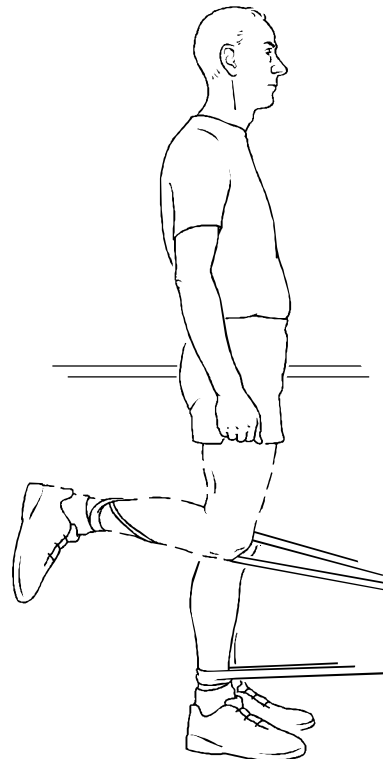


Complete \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. Perform \_\_\_\_\_ sessions per day.

**KNEE - 17 FLEXION: Standing**  
**Stable: Resistance Band (Active)**

Against yellow resistance band, bend right knee, bringing heel toward buttocks.

Complete \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. Perform \_\_\_\_\_ sessions per day.



**KNEE - 36 EXTENSION: Standing**  
**Stable: Resistance Band (Active)**

Stand with right knee bent. Against yellow resistance band, straighten fully, moving foot forward.

Complete \_\_\_\_\_ sets of \_\_\_\_\_ repetitions. Perform \_\_\_\_\_ sessions per day.

