



Knee Extension

Knee Extension machine needed for this exercise. Set all adjustments, including weight. Start with the knees in a flexed position. Push up with equal force with both legs until knee is in full extension. **COME BACK IN A SLOW CONTROLLED MANNER!**

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets



Decline Step Downs

Stand on a decline surface shift your weight to the stance side and lower their non-stance foot until it touches the ground with their heel After a brief pause participants return to the starting position

Hold dumbbells in hands if this is too easy.

Repeat 15 Times
Hold 0 Seconds
Complete 3 Sets



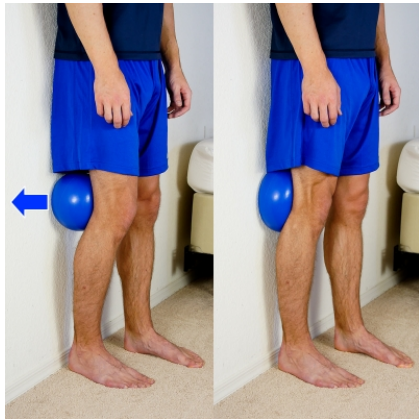
Declined Squat

On a declined board, stand straight up with your toes facing towards bottom of board. Squat as normal, but only go down to about 70 degrees. Slowly come back up.

If too easy, increase weight in hands. Don't go as low if pain continues.

See stick figure drawing for better example.

Repeat 15 Times
Hold 0 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day



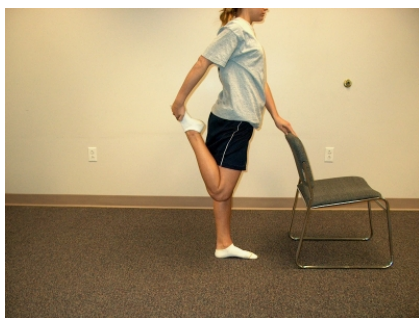
BALL TKE-TERMINAL KNEE EXTENSION

Start in a standing position with a ball behind your knee and against a wall. The knee should be partially bent.

Next, press the back of your knee against the ball while you try and straighten your knee.

Can also be done with an exercise band around knee.

Repeat 10 Times
Hold 0 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



QUADRICEPS STRETCH

Pull heel toward buttock until stretch is felt in front of thigh. Hold 20 seconds; relax;

DO BEFORE AND AFTER OTHER EXERCISES!

Hold 20 Seconds
Complete 5 Sets