

Straight Leg Raise (VMO)

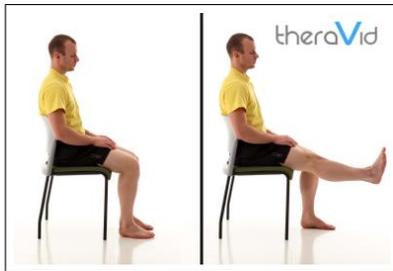


SETS: -
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Description: Lying on your back with knees bent and feet flat on the floor, straighten the leg you wish to exercise and roll your knee and toe out to the side. Start by contracting the muscles on the front of your thigh, pushing your knee down into the floor. While keeping these muscles tight and knee straight, lift your leg off the ground until your knee is at the height of the other knee. Slowly lower it back to the floor. Repeat as directed.

Comments:

Seated Knee Extensions (Long Arc Quads)



SETS: -
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Description: Sit with both feet on the floor. On the side you wish to exercise, lift the foot off the floor so that the knee is straight and parallel to the floor. Slowly let the foot return back to the floor. Repeat as directed.

Comments:

Seated Hamstring Stretch

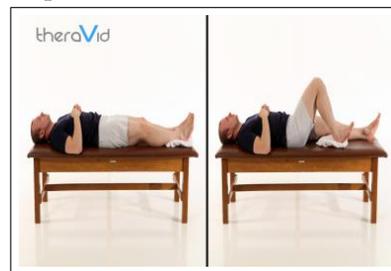


SETS: -
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Description: Begin seated. Straighten the leg that you wish to stretch in front of you so that knee is straight and the heel is resting on the ground. Slowly lean forward, placing your hands on your thigh. You should feel a stretch in the back of your leg. Hold as indicated. Slowly return to starting position.

Comments:

Supine Heel Slides



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin by lying on your back with both legs straight. While keeping your heel in contact with the table, bend one knee and bring your foot as close to your buttocks as possible. Slowly straighten the leg again with the heel contacting the table throughout the entire movement. Repeat as directed.

Comments: