

# Patient Education



**ARNOLD PALMER HOSPITAL**  
For Children

Supported by Arnold Palmer Medical Center Foundation

The Orthopaedic Center  
at Arnold Palmer Hospital

83 W. Columbia St. Orlando, FL 32806  
321-841-3040 f:321-841-3049

## HIP / KNEE - 65

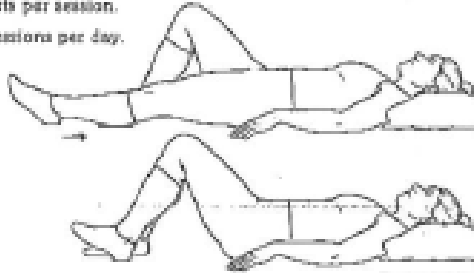
### Self-Mobilization: Heel Slide (Supine)

Slide **RIGHT / LEFT** heel toward buttocks until a gentle stretch is felt.

Hold \_\_\_ seconds. Relax. Repeat \_\_\_ times per set.

Do \_\_\_ sets per session.

Do \_\_\_ sessions per day.



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## HIP / KNEE - 6

### Self-Mobilization

#### Knee Flexion / Extension (Sitting)

Gently push **RIGHT / LEFT** leg back with other leg until a stretch is felt.

Hold \_\_\_ seconds. Relax.

Recross bent legs at ankles.

Slowly straighten legs,

pushing with lower leg.

Hold \_\_\_ seconds.

Repeat \_\_\_ times per set.

Do \_\_\_ sets per session.

Do \_\_\_ sessions per day.



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## HIP / KNEE - 9

### Self-Mobilization: Knee Flexion (Hook-Lying)

Bend **RIGHT / LEFT** knee as far as possible, then use other leg to gently push until stretch is felt.

Hold \_\_\_ seconds. Relax. Repeat \_\_\_ times per set.

Do \_\_\_ sets per session.

Do \_\_\_ sessions per day.



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## HIP / KNEE - 70

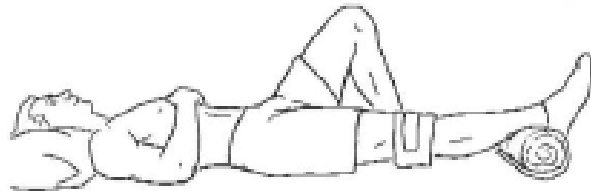
### Knee Extension Mobilization: Towel Prop

With rolled towel under **RIGHT / LEFT** ankle, place \_\_\_ pound weight across knee.

Hold \_\_\_ minutes / seconds. Repeat \_\_\_ times per set.

Do \_\_\_ sets per session.

Do \_\_\_ sessions per day.



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## HIP / KNEE - 10

### Self-Mobilization: Flexion (Half-Kneeling)

Kneeling on **RIGHT / LEFT** knee, slowly bring buttocks toward floor until a stretch is felt.

Hold \_\_\_ seconds. Relax.

Repeat \_\_\_ times per set.

Do \_\_\_ sets per session.

Do \_\_\_ sessions per day.



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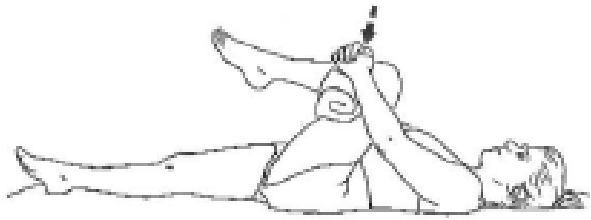
## HIP / KNEE - 5

### Self-Mobilization: Posterior Glide

With towel roll wedged behind **RIGHT / LEFT** knee, apply a gentle force down and back through knee.

Hold \_\_\_ seconds. Repeat \_\_\_ times per set.

Do \_\_\_ sets per session. Do \_\_\_ sessions per day.



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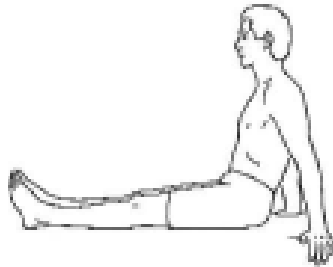
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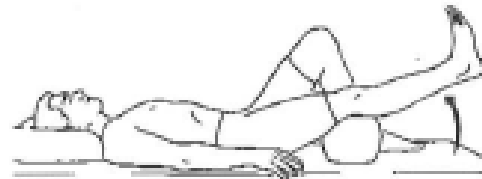
## HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

Repeat 10 times per set. Do        sets per session.  
Do 3 sessions per day.

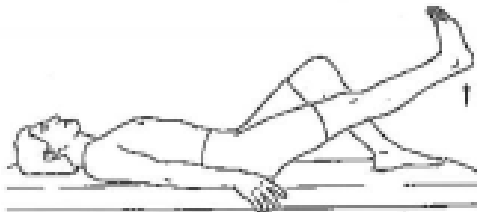
## HIP / KNEE - 23 Strengthening: Terminal Knee Extension (Supine)



With right knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Repeat        times per set. Do        sets per session.  
Do 3 sessions per day.

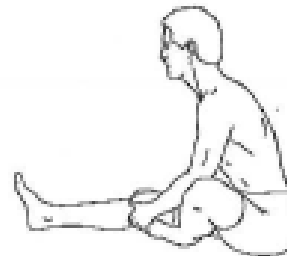
## HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of right thigh, then lift leg        inches from surface, keeping knee locked.

Repeat        times per set. Do        sets per session.  
Do 3 sessions per day.

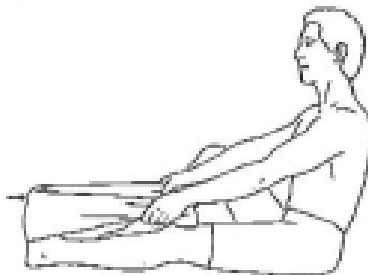
## HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With right leg straight, back other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 30 seconds.

Repeat 2 times per set. Do        sets per session.  
Do 3 sessions per day.

## HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds.

Repeat 2 times per set. Do        sets per session.  
Do 3 sessions per day.