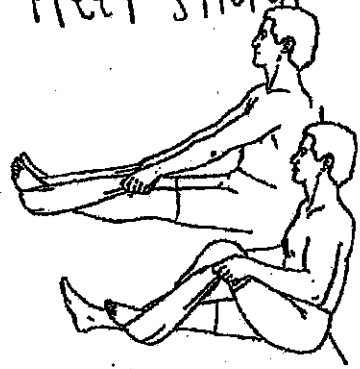
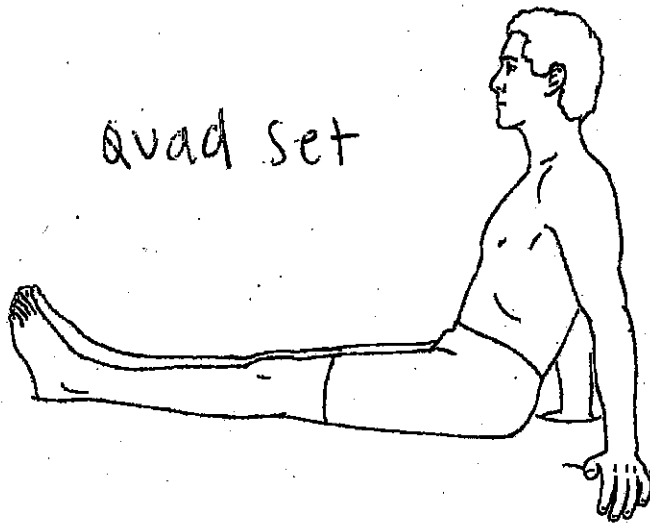


General Knee Range of motion + strengthening

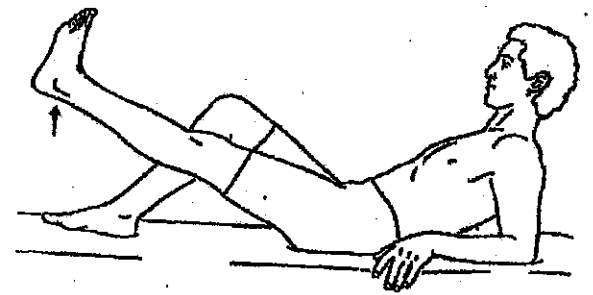
Heel slides



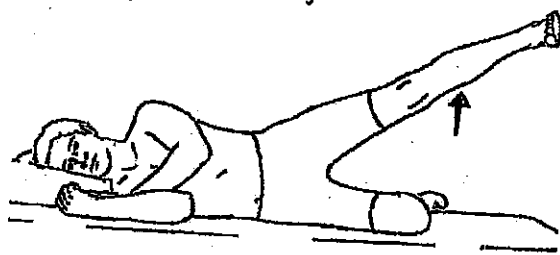
quad set



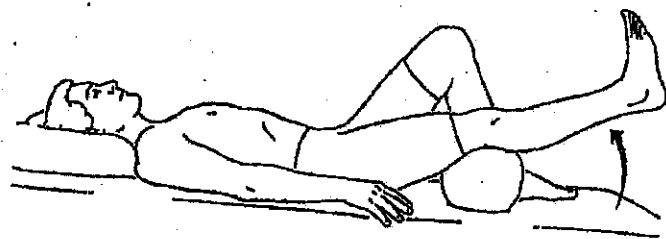
straight leg Raise



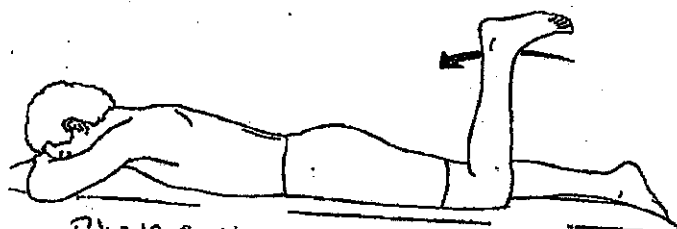
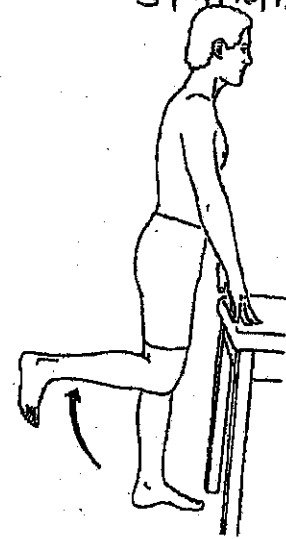
side leg raise



Knee extension

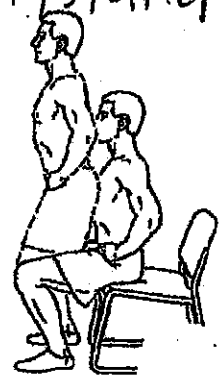


standing Hamstring



Prone Hamstring

sit/stand



Leg extensions

