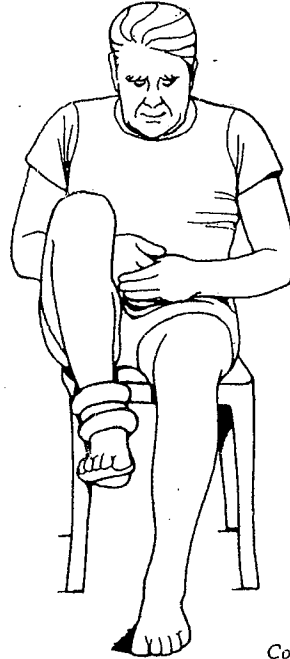


TOTAL HIP (ADVANCED) - 16 Sitting Chair Flexion

Bring knee up toward chest.  
Use \_\_\_\_ pounds on ankle.  
Repeat with other leg.

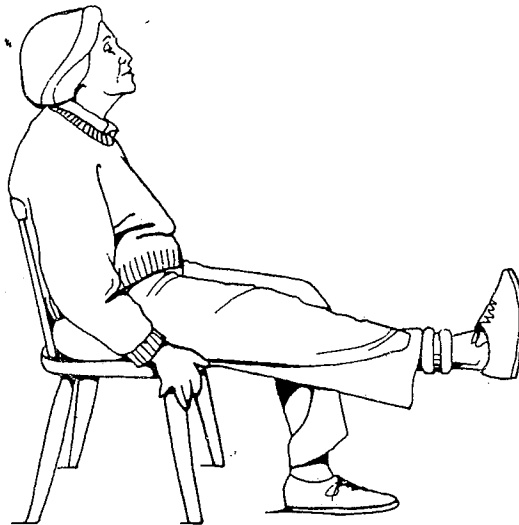


REPEAT: \_\_\_\_ Times  
\_\_\_\_ Times a Day.

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TOTAL KNEE - 11 Long Arc Quads

Straighten operated leg  
and try to hold it  
\_\_\_\_ seconds.  
Use \_\_\_\_ pounds  
on ankle.

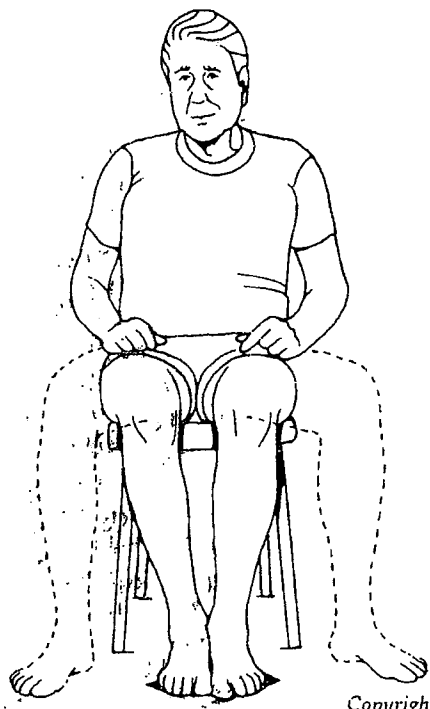


REPEAT: \_\_\_\_ Times  
\_\_\_\_ Times a Day.

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HIP - 3 Legs Apart

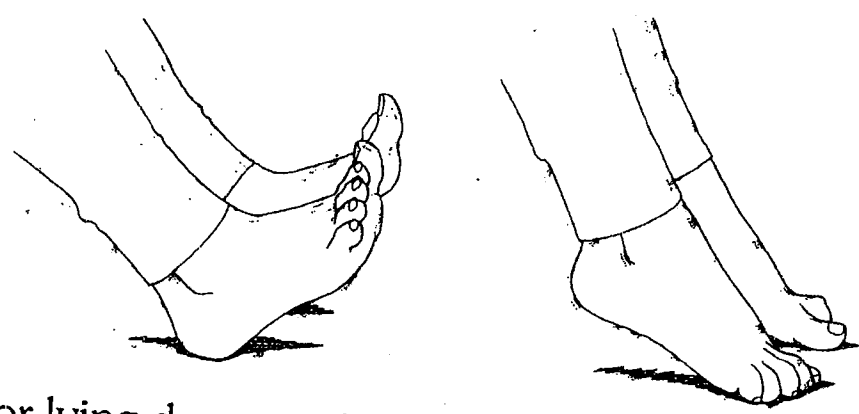
Sitting straight,  
move legs widely apart,  
then together again.



REPEAT \_\_\_\_\_ times.  
Do \_\_\_\_\_ times per day.

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ANKLE / FOOT - 4 Ankle Bends (Dorsi- and Plantar-Flexion)



Sitting or lying down, point toes up,  
keeping both heels on floor.  
Then press toes to floor, raising heels.

REPEAT \_\_\_\_\_ times. Do \_\_\_\_\_ times per day.

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