**Patella Mobs**

1. Sitting in a chair or on the floor, put your leg straight out in front of you, and relax your muscles.
2. Move your kneecap up and down, and side to side.
   
   Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=63O7Jias5QU

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**Hamstring Stretch in Long Sitting**

1. Sit on the floor or bed with your legs straight out in front of you. Bend the leg you are not stretching towards you.
2. Keep your back and knee as straight as you can. Pull your toes towards you, and lean forward bending at your hips until you feel a stretch.
   
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

   Video: hepbuilder.com/v.php?y=h8pey4w7ljw

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**Standing Quad Stretch**

1. Hold onto something sturdy like a chair or counter top, and grab your foot behind you bending at the knee.
2. Pull your foot towards your buttocks, and bring your knee slightly behind you. Hold the stretch.
   
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

   **If you can't grab your foot, you can use a belt or stretch strap to pull your foot up.**

   Video: hepbuilder.com/v.php?y=9nnqmB6RSyU
**Tall Kneeling Hamstring Stretch**

1. Start in tall kneeling on your knees. Bring the leg you want to stretch out in front of you.
2. Pull up your toes, keep your back straight, and lean forward at your hips until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day


**Hip Flexor Stretch Lunge Position**

1. Start in tall kneeling with both knees on the ground. Use a pillow under your knee for protection if you would like. Keep the knee of the side you want to stretch on the floor. Bring the other leg forward putting your foot on the floor in a lunge position.
2. Keeping your back straight and upright, tuck in your tailbone and lean forward until you feel a stretch. Hold the stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=3gwJslxvd0

**Quad Sets**

1. Sit with your leg straight out in front of you. Place a rolled up towel under your knee.
2. Push your knee down into the towel and hold.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=QPuDqtYk3Xo

**Straight Leg Raise Supine**

1. Lie down on your back and bend one leg up. Straighten out the leg you want to exercise. Pull your toes towards you to lock out your knee.
2. Keeping your knee straight, lift the leg to the height of the other, and slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=4ho27M3-JdQ
Bridging

1. Lie on your back with your knees propped up and your feet flat on the floor or bed.
2. With your arms by your side, push your hips up off the floor or bed until you make a straight line with your body, and then slowly come back down.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=8CMrEkhrtlw

Single Leg Balance

1. Stand next to something sturdy in case you need it for balance.
2. Lift one leg while balancing on the other leg.

Reps: 5-10 | Sets: 2-3 | Which Side: Both | Hold Time: 15-20 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=fcfYm3EiWu4

Isometric Hip Adduction in Hooklying

1. Sit up or lie down on the floor or bed. Prop your knees up, and keep your feet flat on the floor. Place a pillow or ball between your knees.
2. Squeeze into the pillow or ball and hold.

Reps: 3-5 | Sets: 2-3 | Which Side: Both | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=g9uIxiUyyvY

Seated Knee Extension (LAQ)

1. Sitting in a chair, keep your back straight.
2. Pull your toes toward you, and kick your leg straight out. Slowly come back down.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=GlFdeqRiW8U

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.