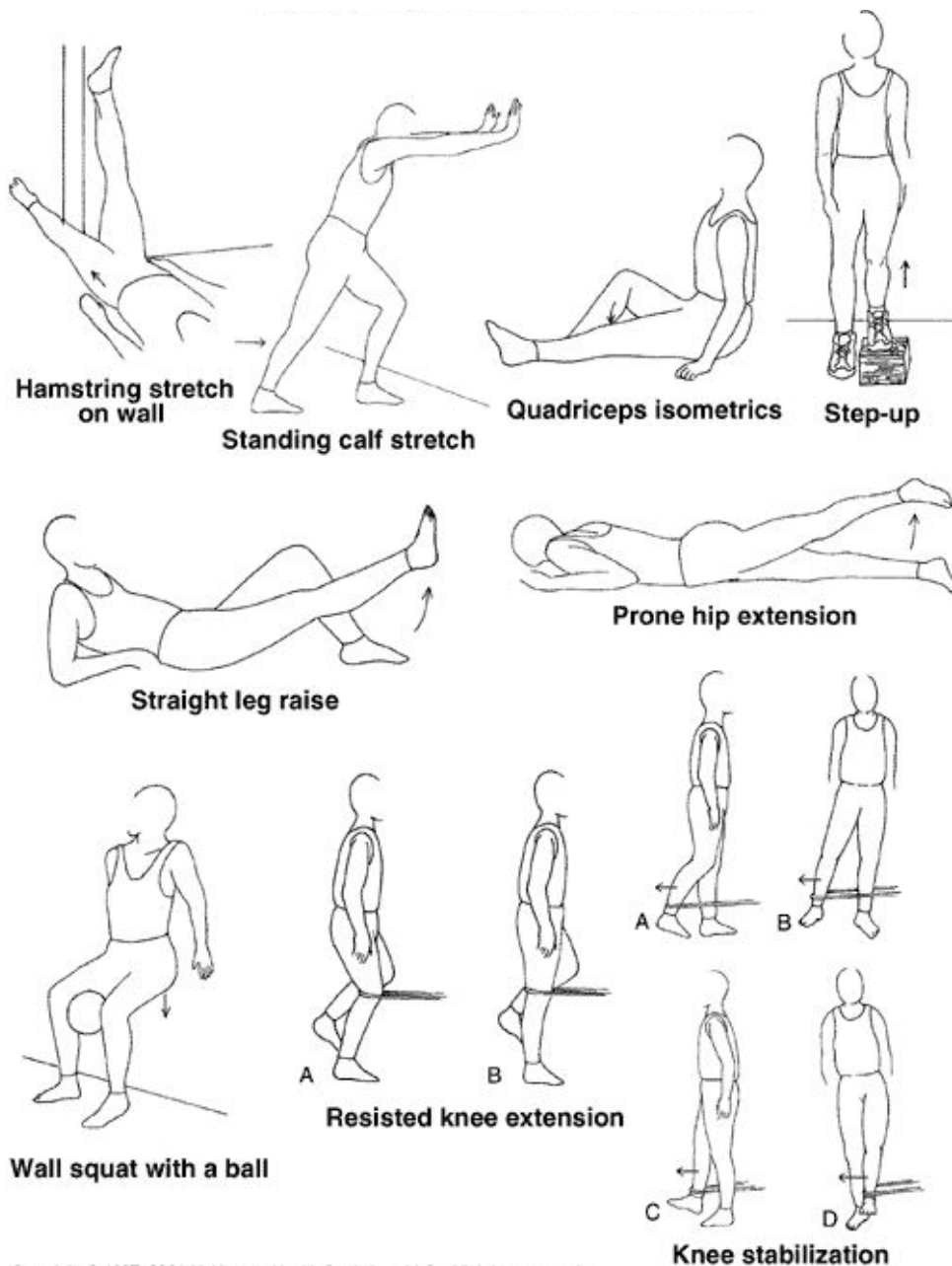




QUADRICEPS EXERCISES



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PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

JAMES M. KERPSACK, M.D.



Hamstring stretch



Patellar mobility



Quadriceps stretch



Quadriceps isometrics



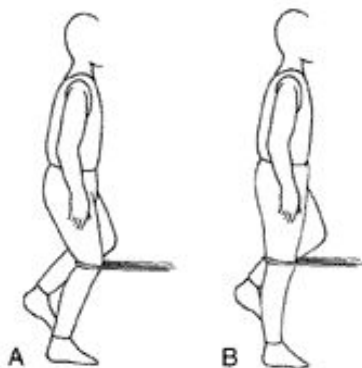
Straight leg raise



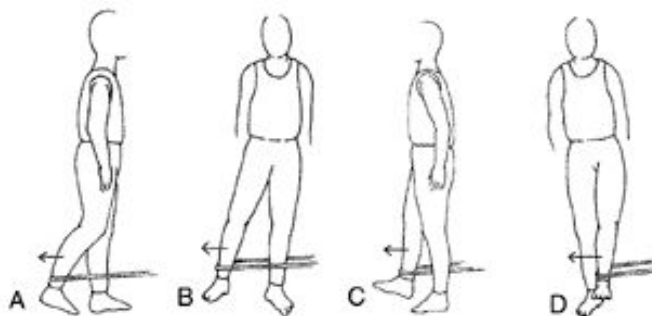
Step-up



Wall squat with ball



Resisted knee extension



Knee stabilization

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