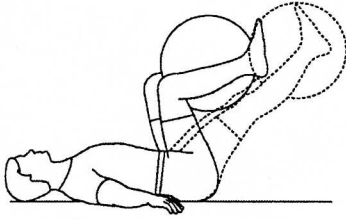


Resist knee ext bil supine w/ball



Perform 3 sets of 10 Repetitions, once every other day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopaedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____

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