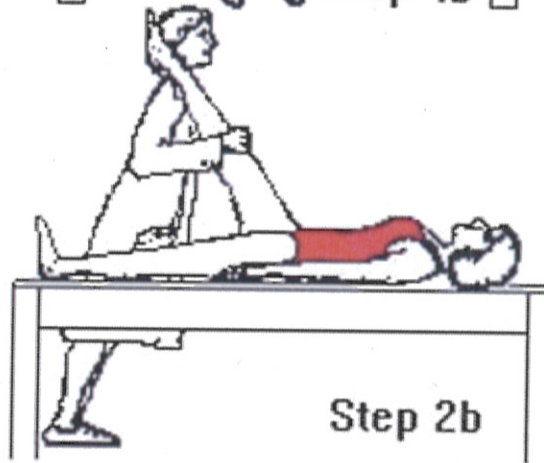
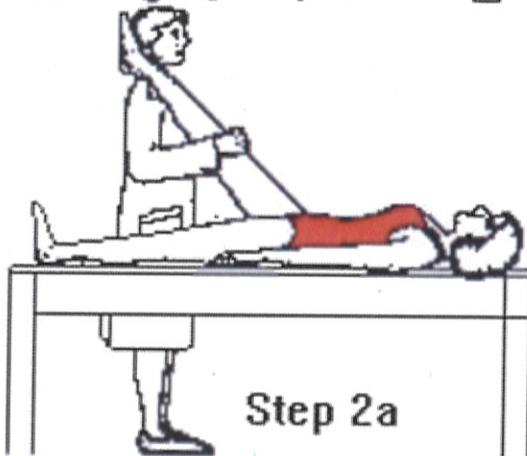
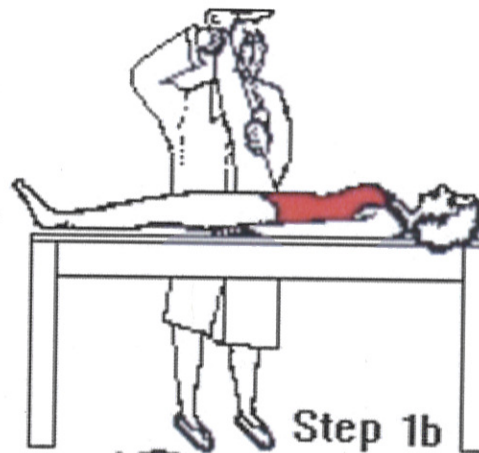
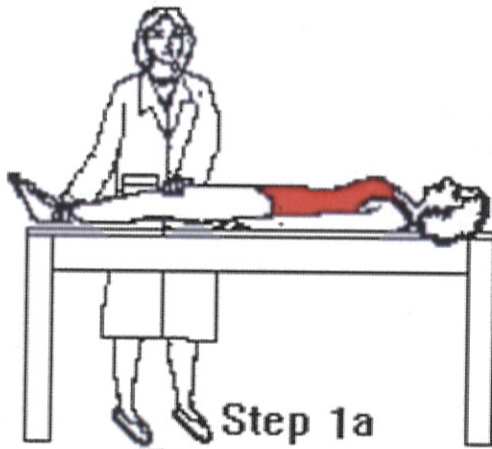


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**The patient is to lie on their back with legs straight. An assistant is to stand on the side of the patient to be exercised and hold the leg under the ankle and on top of the knee. The assistant is to lift the leg as far as possible while keeping the knee straight. To sustain the stretch, allow the ankle to rest on the assistants shoulder and the assistant is to hold the knee locked and raise the leg. Repeat.**