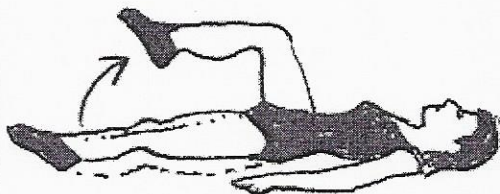


HIP

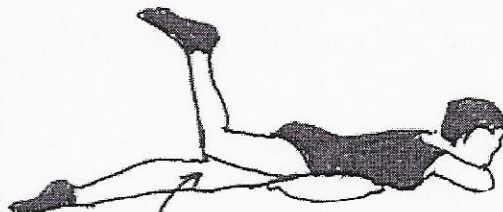
Range of Motion Therapeutic Exercises

Name _____ Date _____

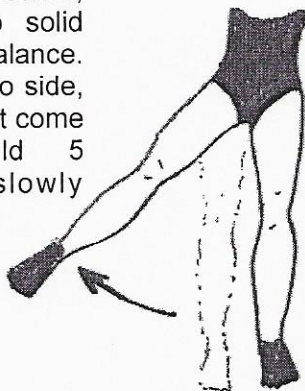
Flexion: Lie on back. Bend hip and knee, raising foot off floor as shown. Hold 5 seconds, slowly relax. Repeat



Extension: Lie on belly with knee bent and pillow positioned as shown. Raise thigh off floor as you lift foot toward ceiling. Hold 5 seconds, slowly relax. Repeat.



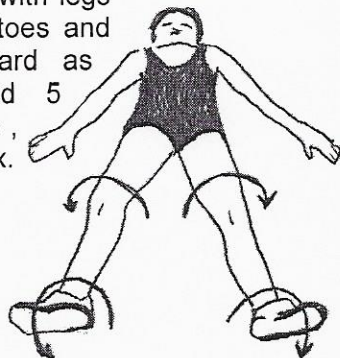
Abduction: Stand, holding on to solid object for balance. Raise hip out to side, without letting it come forward. Hold 5 seconds, slowly relax. Repeat.



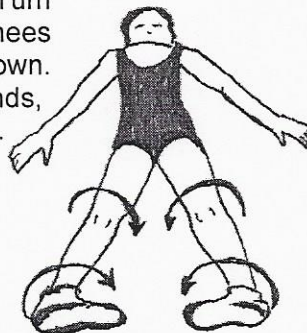
Adduction: Stand with toe pointing out to side as shown. Now cross the leg in front of your other leg. Hold 5 seconds, slowly relax. Repeat.



External Rotation: Lie on back with legs apart. Turn toes and knees outward as shown. Hold 5 seconds, slowly relax. Repeat



Internal Rotation: Lie on back with legs apart. Turn toes and knees inward as shown. Hold 5 seconds, slowly relax. Repeat.



GENERAL INSTRUCTIONS:

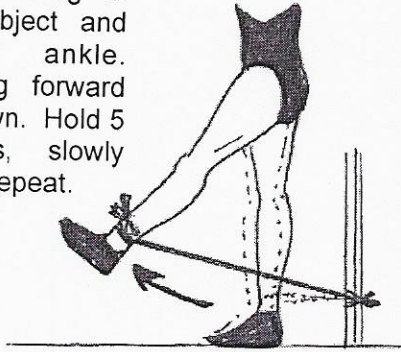
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

HIP

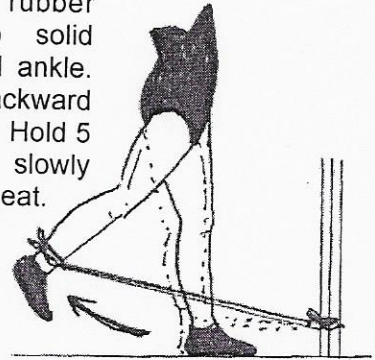
Elastic Tubing Resistive Kinetic Activities

Name _____ Date _____

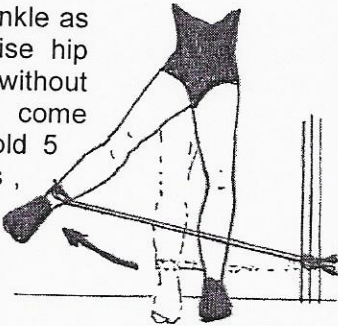
Flexion: Anchor rubber tubing to solid object and around ankle. Pull leg forward as shown. Hold 5 seconds, slowly relax. Repeat.



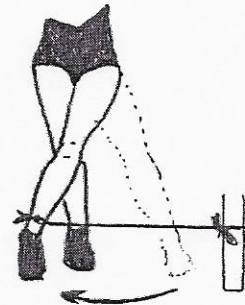
Extension: Anchor rubber tubing to solid object and ankle. Lift leg backward as shown. Hold 5 seconds, slowly relax. Repeat.



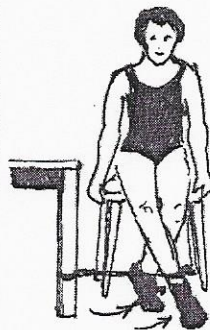
Abduction: Anchor rubber tubing to solid object and ankle as shown. Raise hip out to side, without letting it come forward. Hold 5 seconds, slowly relax. Repeat.



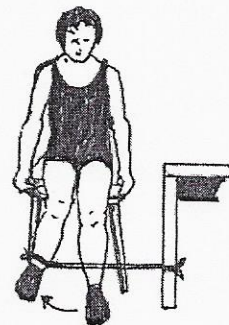
Adduction: Anchor rubber tubing to solid object and ankle as shown. Stand with toe pointed out to side. Now cross the leg in front of your other leg. Hold 5 seconds, slowly relax. Repeat.



External Rotation: Anchor rubber tubing to solid object and ankle. Sit in chair as shown. Rotate ankle inward and slightly upward. Hold 5 seconds, slowly relax. Repeat.



Internal Rotation: Anchor rubber tubing to solid object and ankle. Sit in chair as shown. Rotate ankle outward, keeping knees together. Hold 5 seconds, slowly relax. Repeat.



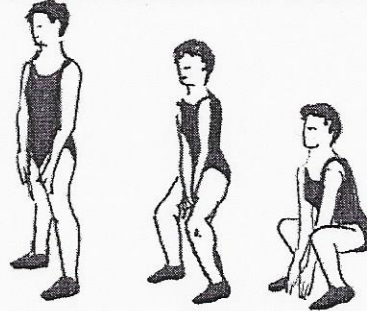
EXERCISE GUIDELINES:

Periodically check the tubing for stress and the knot for slipping. **Stop immediately if you experience pain, nausea or dizziness.**

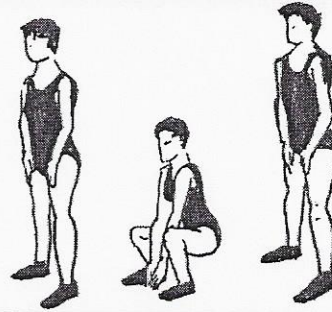
HIP
Strengthening Therapeutic Exercises

Name _____ Date _____

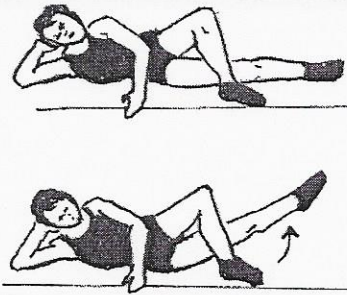
Flexion: Stand with feet shoulder width apart as shown. Squat down keeping trunk upright. Hold 5 seconds. Repeat.



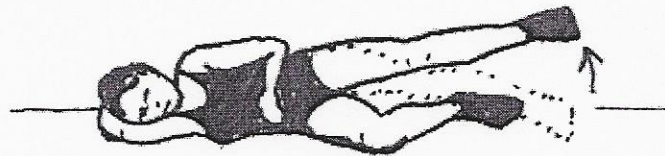
Extension: Assume squatting position as shown. Stand up straight. Repeat.



Abduction: Lie on side with leg to strengthen on top. Bend lower leg slightly. Raise lower leg straight up, without letting it come forward. Hold 5 seconds, slowly relax. Repeat.



Adduction: Lie on side as shown with the leg to strengthen on the bottom. Raise leg up toward ceiling. Hold 5 seconds, slowly relax. Repeat.



GENERAL INSTRUCTIONS:

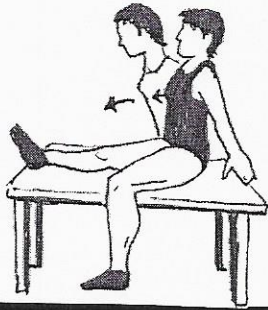
Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

HIP

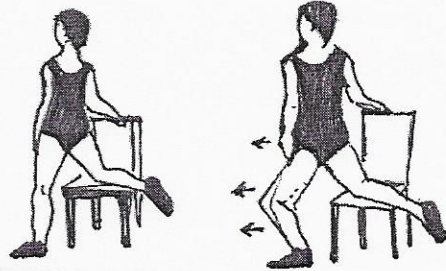
Stretching Therapeutic Exercises

Name _____ Date _____

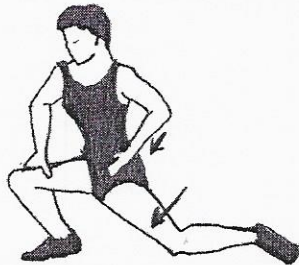
Flexion: Sit with leg straight on bench as shown. Lean forward, keeping the back straight, so that the stretch is felt. Hold 5 seconds. Repeat.



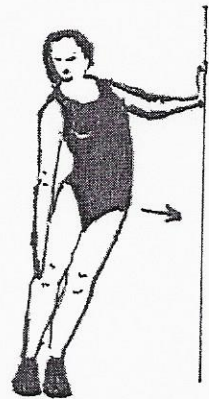
Extension: Assume the position shown with your knee on a chair. Bend the opposite knee so that you feel a stretch. Do not allow your back to arch. Hold 5 seconds. Repeat.



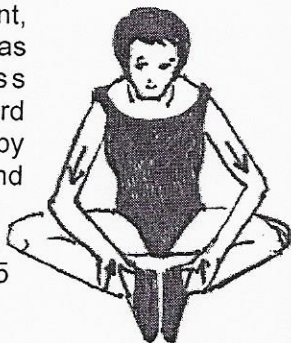
Abduction: Assume a "half-squat" position as shown with one leg out to the side. Press inside of thigh downward, using pressure from hand as needed. Hold 5 seconds. Repeat.



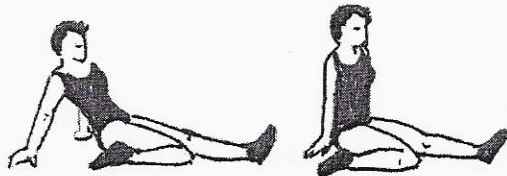
Adduction: Stand with side facing wall as shown. Lean hip toward wall, while leaning trunk away from wall. Hold 5 seconds. Repeat.



External Rotation: Sit with knees bent, feet together as shown. Press knees downward toward the floor, by leaning forward and pressing with your elbows as shown. Hold 5 seconds. Repeat.



Internal Rotation: Sit on floor with leg positioned as shown. Lean forward as needed to add additional stretch. Hold 5 seconds. Repeat.



GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.