

## *Hip Exercises*

### **Hip Flexion**



1. Lie on back.
2. Bend right knee and slide heel up toward body as shown.
3. Hold 5 seconds, slowly relax.
4. 10 repetitions 2 times per day.

### **Short Arc Quad/Extention**



1. Lie on your back with 5 inch roll under right knee
2. Raise heel off the floor until knee is straight.
3. Hold 5 seconds and slowly lower.
4. 10 repetitions, 2 times per day

### **Hip Flexion**



1. Lie on back
2. Bend right knee, raising foot off the floor as shown but DO NOT bend hip past 90 degrees.
3. Hold 5 seconds, slowly relax.
4. 10 repetitions, 2 times per day.

### **Hip Flexion**



1. Lie on back with right knee straight and other knee bent as shown.
2. Keep the leg completely straight, and then raise it about 10 inches.
3. Hold 5 seconds and slowly lower.
4. 10 repetitions, 2 times per day.

## *Hip Exercises*

### **Hip Extension**



1. Lie on back with both legs bent as shown.
2. Tighten buttocks and raise them off floor as high as you can.
3. Hold 5 seconds, slowly relax.
4. 20 repetitions, 2 times per day

### **Hip Abduction**



1. Lie on back.
2. Spread legs apart as far as you can.
3. Hold 5 seconds, slowly relax
4. 10 repetitions 2 times per day.

### **Hip Flexion**



1. Stand with legs straight.
2. Lift right leg forward, keeping knee straight as shown.
3. Hold 5 seconds, slowly relax.
4. 20 repetitions, 2 times per day.

### **Hip Flexion**



1. Stand with legs straight.
2. Bend right knee and hip upward as shown.
3. Hold 5 seconds, slowly relax.
4. 20 repetitions, 2 times per day.

## *Hip Exercises*

### **Hip Extension**



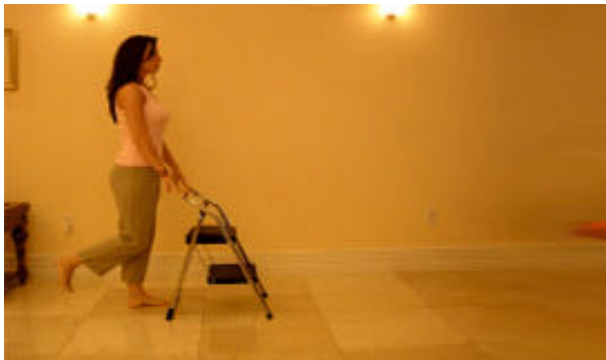
1. Stand with feet slightly apart.
2. Lift right leg backward as shown.
3. Hold 5 seconds, slowly relax
4. 20 repetitions, 2 times per day.

### **Hip Abduction**



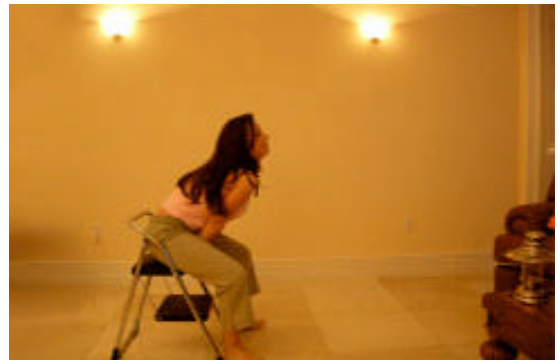
1. Stand, holding onto solid object for balance.
2. Raise right hip out to the side, without letting it come forward.
3. Hold 5 seconds, slowly relax.
4. 20 repetitions, 2 times per day.

### **Hamstring/Flexion**



1. Stand holding onto solid object as shown.
2. Slowly bend right knee.
3. Hold 5 seconds and slowly lower.
4. 20 repetitions, 2 times per day.

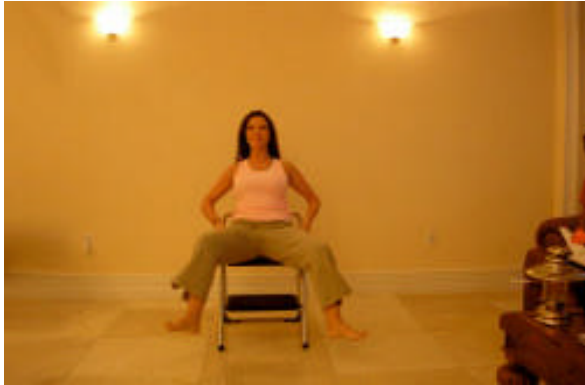
### **Quadriceps/ Extension**



1. Sit on edge of chair, feet flat on floor.
2. Stand upright.
3. 20 repetitions, 2 times per day.

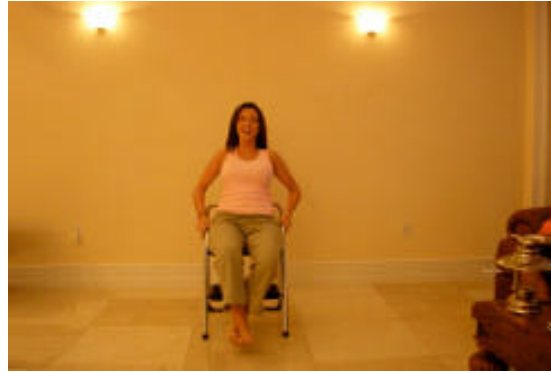
## *Hip Exercises*

### **Hip Abduction**



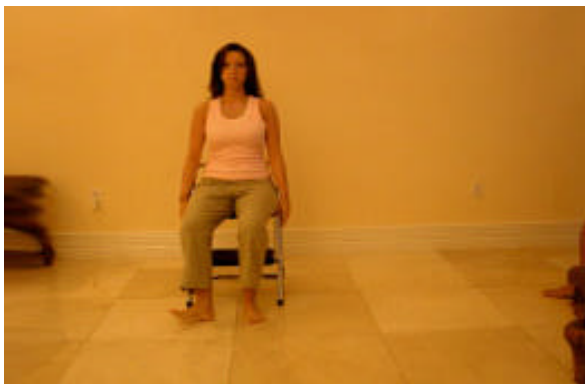
1. Sit on a chair or table as shown.
2. Spread knees apart as far as possible.
3. Hold 5 seconds.
4. 10 repetitions, 2 times per day.

### **Hip External Rotation**



1. Sit in a chair.
2. Cross right ankle in front of other ankle as shown, **WHILE KEEPING KNEES APART.**
3. Hold 5 seconds, slowly relax
4. 10 repetitions, 2 times per day.

### **Quadriceps/Extension**



1. Sit on edge of table or bed.
2. Straighten knee fully.
3. Hold 5 seconds and slowly lower.
4. 20 repetitions, 2 times per day.