

Hip Strengthening

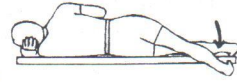
Stretch Hamstring Uni Longsitting

- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch IT Band Sidelying

- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Hip/Knee Modified

- Lie on back with legs straight.
- Bring left ankle over right knee and left knee drop to floor.
- Repeat with other side.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Piriformis Longsit

- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Relax and repeat with left leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Quads Half Kneeling

Special Instructions

Progress by placing a small box under foot of trailing leg.

- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg, twice a day.
- Hold exercise for 10 seconds.

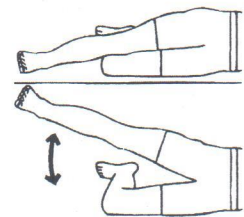


AROM Hip Abduction Uni Sidelying

Special Instructions

Do not roll trunk forward or backward.

- Lie on uninvolved side, with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



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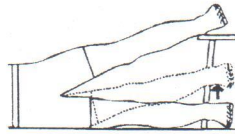
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Hip Strengthening

AROM Hip Add Sidelying w/Stool

- Lie on involved side.
- Support uninvolved leg on chair as shown.
- Keep involved leg straight.
- Lift leg upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



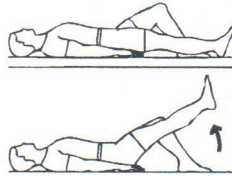
AROM Hip Extension Prone Straight Leg

- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



AROM Hip Flex (SLR) Supine Knee Bent

- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

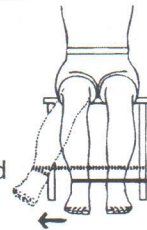


Resist Hip IR w/Elastic

Special Instructions

Use green elastic.

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle outward.
- Slowly return to starting position and repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

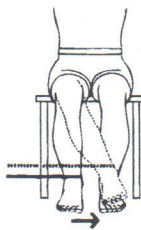


Resist Hip ER w/Elastic

Special Instructions

Use green elastic.

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle inward.
- Slowly return to starting position and repeat.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



AROM Stance Uni Balance Eyes Open

Special Instructions

If needed to maintain balance, raise arms out away from sides.

- Stand on firm surface with arms at side.
- Lift on leg and balance on one leg
- Perform 6 sets of 1 minute, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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