

Total Hip Exercises

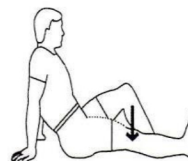
AROM ankle DF/PF (elevated ankle pumps)



- Lie on back with foot elevated up on pillow.
- Move foot up and down, pumping the ankle.

Perform 3 sets of 10 Repetitions, twice a day.

Iso knee ext sit (quad sets)



- Sit with leg extended. Tighten muscles on the top and bottom of thigh, trying to push back of knee and heel downward.

Special Instructions:

Do not hold breath.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

Iso hip gluteal sets supine

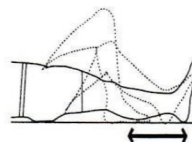


- Lie on back with legs straight.
- Squeeze buttocks together.
- Hold and repeat.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM hip/knee flex (heel slides)

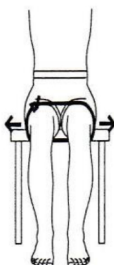


- Lie on back with legs straight.
- Slide heel up to buttocks.
- Return to start position.
- Repeat with other leg.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

Iso hip abd sit w/belt



- Sit in chair or on firm surface.
- Loop a belt around knees.
- Push out, against the belt.

Special Instructions:

Do not hold breath.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

Resist knee bike recumbent



- Sit in recumbent bike.
- Place feet on pedals.
- Begin to cycle.

Perform 1 set of 10 Minutes, twice a day.