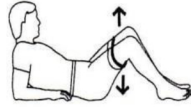


Total Hip Exercises

Resist hip abd bil supine knees bent w/elastic



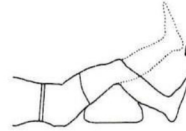
- Loop elastic around thighs.
- Lie on back propped on elbows with knees bent.
- Move thighs apart.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, twice a day.

Use Elastic.

Hold exercise for 5 Seconds.

AROM knee ext (SAQ) sit

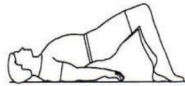


- Lie on back, with involved leg supported with a pillow or coffee can under knee, as shown.
- Straighten leg at knee.
- Return to start position.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM lumbar bridging w/wheel raises

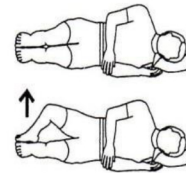


- Lie on back with knees bent and feet flat on floor.
- Maintain neutral spine.
- Lift buttocks up.
- Lift heel of right foot off floor.
- Lower heel.
- Repeat with other foot.
- Lower buttocks and repeat.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM hip ER/abd sidelying

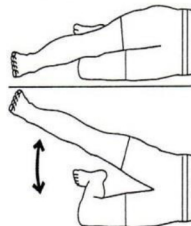


- Lie on right side with knees bent, feet together.
- Lift left knee upward.
- Lower and repeat.
- Repeat exercise lying on left side.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM hip abd uni sidelying



- 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.

Special Instructions:

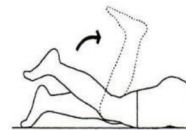
Do not roll trunk forward or backward.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee flex prone



- Lie face down, legs straight.
- Bend involved knee upward.
- Return to start position.

Special Instructions:

Do not let buttocks or hips raise upward.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.