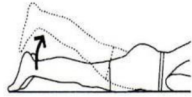


Total Hip Exercises

AROM hip ext prone straight leg



- Lie face down, knee straight on involved leg.
- Lift involved leg upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.



- Sit against a wall, chair, or on firm surface, knee bent.
- Keep a proper curve in low back, as shown.
- Flex left foot upward, while straightening knee.
- Repeat stretch with other leg.

Special Instructions:

Do not allow low back to lose the curve. It is common to experience shaking in the leg.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM ankle PF bil stand

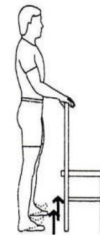


- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM ankle DF bil stand



- Stand with both feet shoulder distance apart.
- Raise up on heels.
- Lower and repeat.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM knee marching

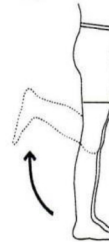


- Stand with feet at shoulder distance apart.
- Raise one knee up as high as possible and lower.
- Raise other knee and lower.
- Continue in a marching fashion, staying in place.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.

AROM knee flx uni standing



- Stand, bend involved leg toward hip through full range.
- Return to starting position.
- Do not bend leg at hips.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 5 Seconds.