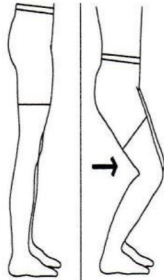


## Total Hip Exercises

### AROM knee squat bil full



- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

#### **Special Instructions:**

Maintain proper low back posture.

**Perform 3 sets of 10 Repetitions, twice a day.**

Hold exercise for 5 Seconds.

### Resist hip abd uni stand w/elastic



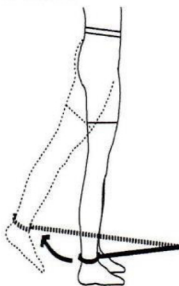
- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Return to start position.

**Perform 3 sets of 10 Repetitions, twice a day.**

Use Elastic.

Hold exercise for 5 Seconds.

### Resist hip ext stand w/elastic



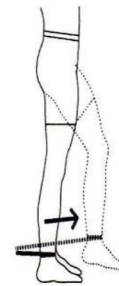
- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Return to start position.

**Perform 3 sets of 10 Repetitions, twice a day.**

Use Elastic.

Hold exercise for 5 Seconds.

### Resist hip flx stand w/elastic



- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Return to start position.

**Perform 3 sets of 10 Repetitions, twice a day.**

Use Elastic.

Hold exercise for 5 Seconds.