

Hip Exercises

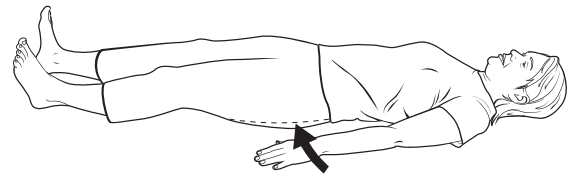
Patient Name: _____

Therapist Name: _____

Repeat each exercise _____ times, _____ times a day.

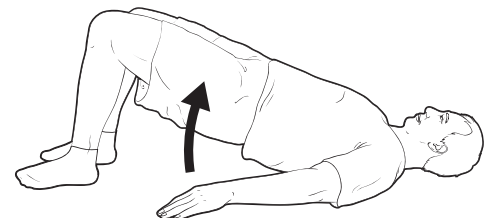
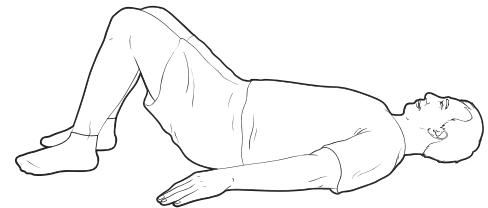
1. Buttock squeezes

- Lie on your back with your legs straight
- Squeeze your buttock muscles together as tightly as you can
- Hold for 5 seconds



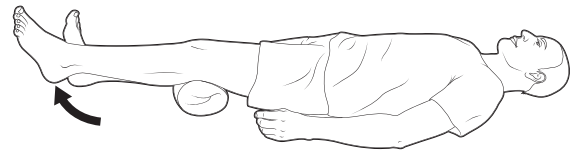
2. Bridging

- Lie on your back with your knees bent
- Squeeze your buttocks and lift it off of the bed
- Hold for 5 seconds and slowly lower to the starting position



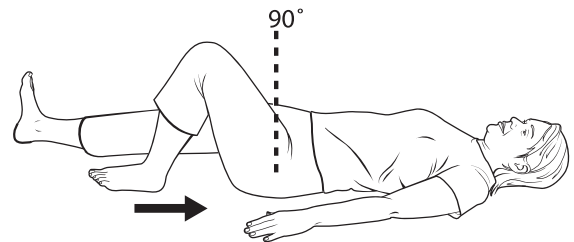
3. Heel raises

- Put a rolled towel under your knee
- Straighten your knee by tightening your thigh muscle. Keep your knee on the towel
- Hold for 5 seconds



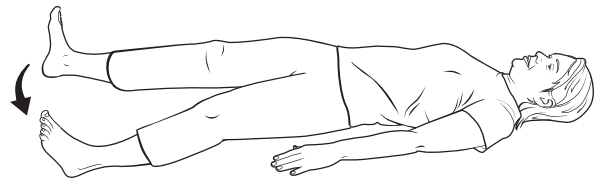
4. Hip and Knee Flexion

- Bend your hip and knee by sliding your foot up the bed
- Hold for 5 seconds
- Do not bend your hip past 90°



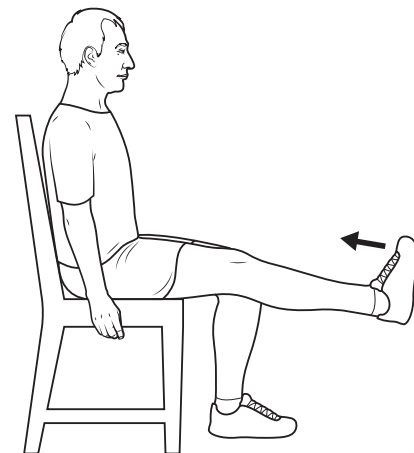
5. Hip Abduction

- Keep your leg straight and your toes pointed toward the ceiling
- Slide your leg out to the side and back



6. Knee Extension

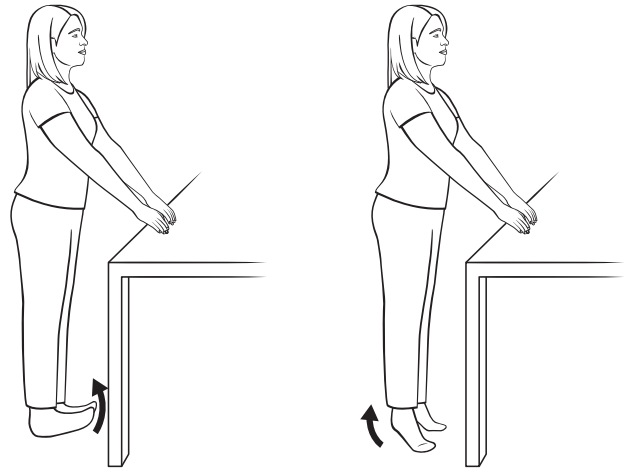
- Pull your toes up, straighten your leg and lift your foot off the ground
- Do not lift your thigh off the chair
- Hold for 5 seconds



Standing Exercises

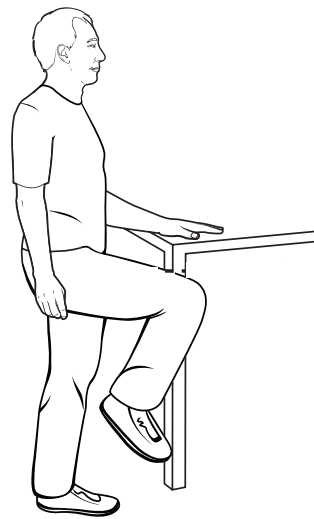
1. Heel - Toe Raises

- Hold on to a stable object
- Rise up on your toes, hold for 5 seconds
- Rock back on your heels, hold for 5 seconds
- Keep knees straight



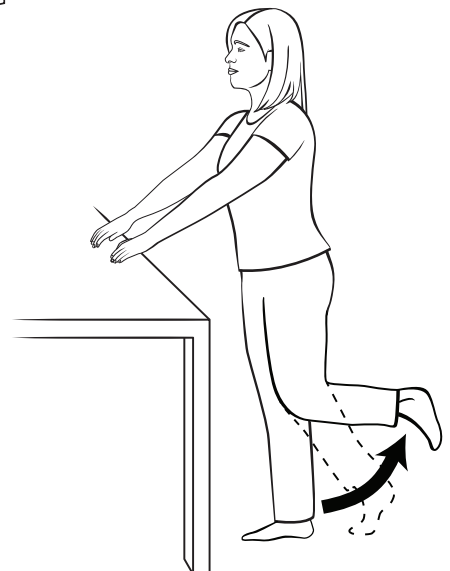
2. Hip Flexion

- Hold on to a stable object
- Lift your knee up to waist level.
- Do not bend your hip past 90°
- Hold for 5 seconds
- Repeat with your other leg



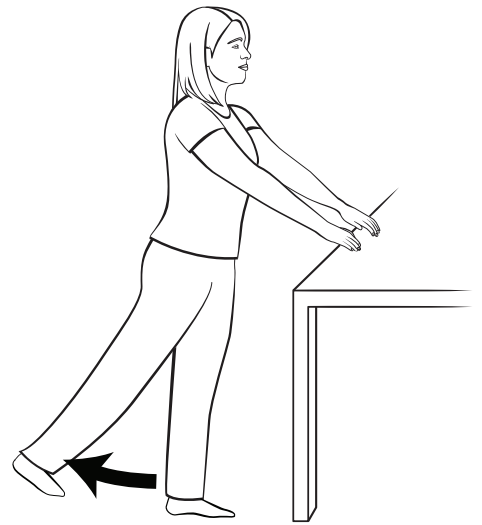
3. Knee Flexion

- Hold on to a stable object
- Bend your knee and lift your heel up toward your buttock
- Hold for 5 seconds
- Repeat with your other leg



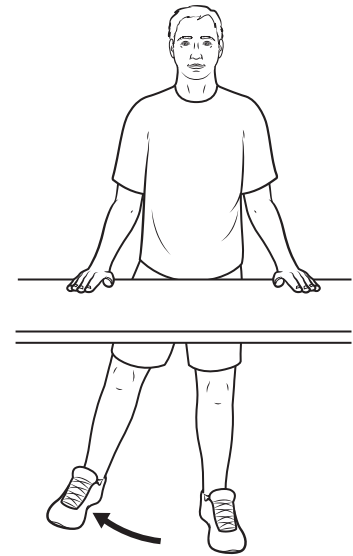
4. Hip Extension

- Hold on to a stable object
- Move your leg back, keeping your leg straight
- Do not lean forward
- Hold for 5 seconds
- Repeat with your other leg



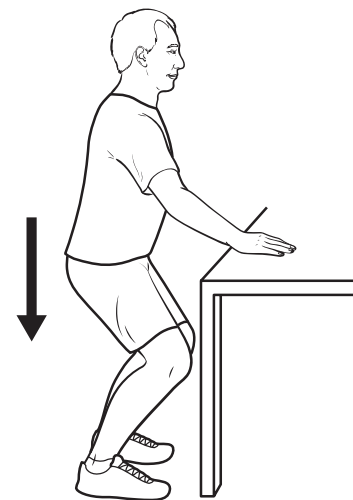
5. Hip Abduction

- Hold on to a stable object
- Lift your leg out to the side with your foot facing forwards
- Do not lean to the side
- Hold for 5 seconds
- Repeat with your other leg



6. Squats

- Hold on to a stable object
- Bend your knees and push your buttock out (as if to sit in a chair)
- Make sure your knees do not pass your toes
- Hold for 5 seconds and then return to upright



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