

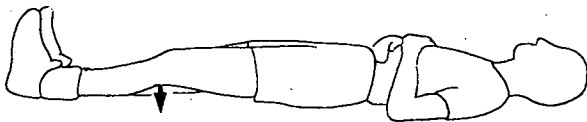
Hip Exercise Program

Patient's Name _____

Date _____

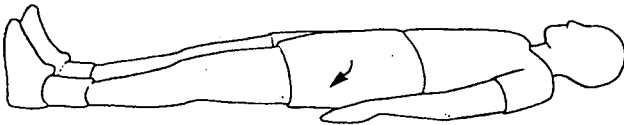
Physical Therapist _____

Therapist's phone _____



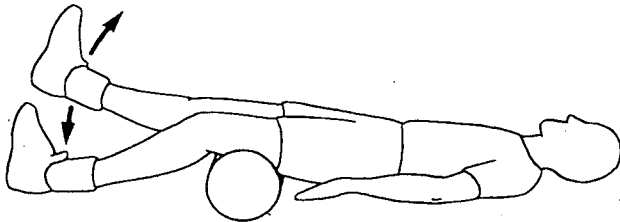
1. Quad sets

Lie on your back with both legs straight, toes pointing up towards the ceiling. Slowly push the back of your knee **down** as you tighten your quads. **Hold** for a count of five. Relax. Repeat _____ times.



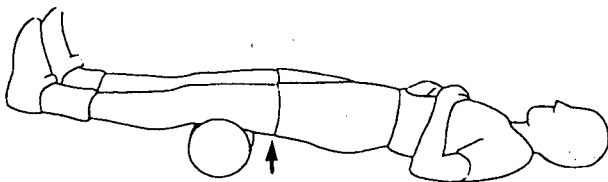
2. Gluteal sets

Lie on your back with both legs straight and hips level. Slowly squeeze your buttocks ("cheeks") together as you tighten your gluteals. **Hold** for a count of five. Relax. Repeat _____ times.



3. Terminal knee extension

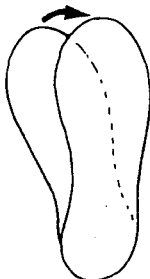
Lie on your back with a roll under your thighs. Keeping your thigh on the roll, slowly straighten your knee as much as possible (toes up). **Hold** for a count of five, then lower. Do _____ sets of _____ repetitions.



4. Modified bridging

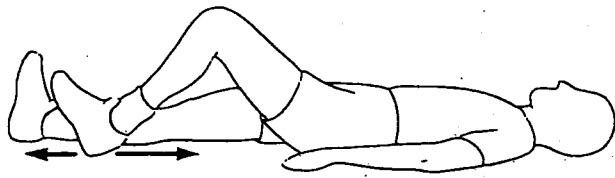
Lie on your back with a roll under your thighs. Raise both feet up, then slowly push your thighs down into the roll as you raise your hips up. **Hold** for a count of five, then slowly lower. Do _____ sets of _____ repetitions.

Left foot



5. External rotation to neutral

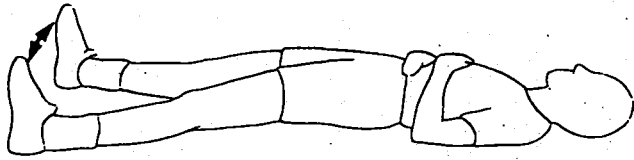
Lie on your back with both legs straight. Keeping your knee tight, roll your leg **out** from the hip until your toes are pointing straight up toward the ceiling. **Hold** for a count of five. Relax. Repeat _____ times.



6. Hip flexion and extension

Lie on your back with both legs straight. (You may use a roll between your lower legs to help with alignment.) Slowly slide your heel up as you bend your hip and knee, then straighten. Concentrate on keeping your leg aligned so that it doesn't rotate in or out as you perform this exercise. Keep your opposite knee down as you do this movement.

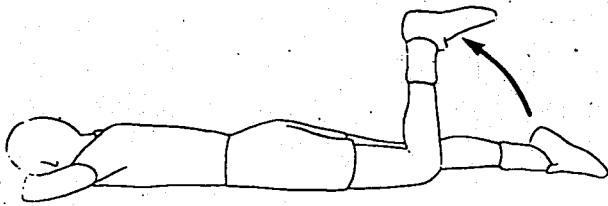
Do ____ sets of ____ repetitions.



7. Abduction and adduction

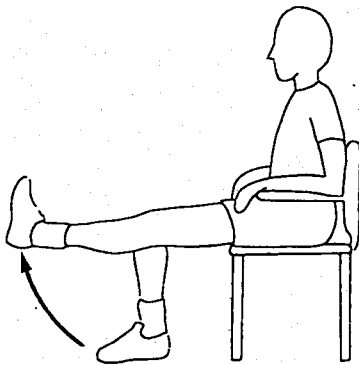
Lie on your back with both legs straight, toes pointing up towards the ceiling. Slowly bring your leg out to the side, away from the opposite leg. Then bring your leg back in. Prevent your leg from rotating in or out.

Do ____ sets of ____ repetitions.



8. Knee flexion and extension

Lie on your stomach with both legs straight and your hips level. Slowly bend your knee as far as you can, then lower. Make sure your leg doesn't rotate in or out, and avoid hiking your hip. Do ____ sets of ____ repetitions.



9. Knee extension and flexion

Sit on a firm chair so that your thigh is stabilized (you may need to use a towel under your thigh just above the knee). Slowly straighten your knee as much as possible without raising your thigh off the chair (toes up). Then bend your knee as far as you can.

Remember to try to sit level, and don't hike your hip. Do ____ sets of ____ repetitions.