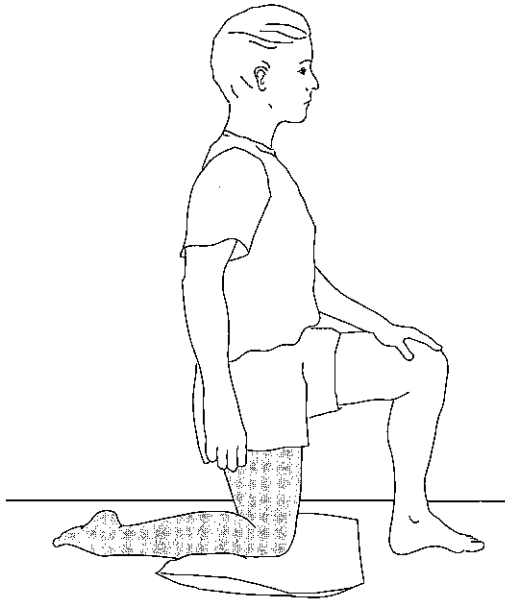


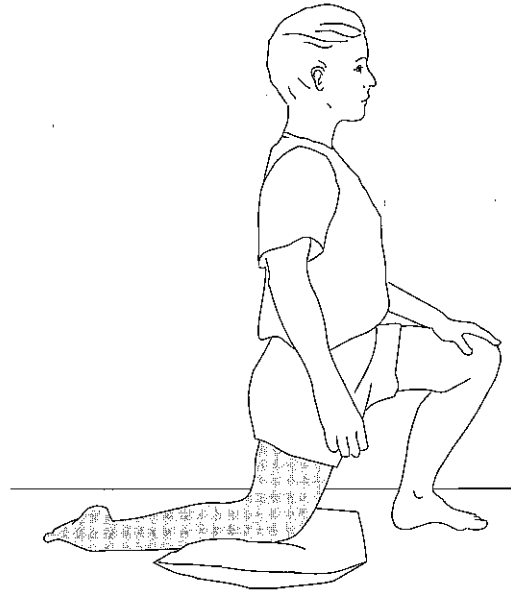
Hip—Hints

1. Try sleeping on your side with a pillow between your knees.
2. Apply icepacks to sore areas of the hip for 10 minutes, 3 times a day.
3. If your hip is sore, avoid lifting your leg straight up. Bend your knee and use your hands to raise your leg.
4. If your hip is not sore, exercise 1–3 times a day.
5. Sit and sleep in comfortable positions.
6. Massage sore hip muscles.
7. Do not sleep on your side if your hip is sore.
8. Do not stand in painful positions; shift your weight to the opposite foot if necessary.
9. Stop any activity that causes pain.
10. Carry bags or briefcases with both hands, or on the same side that is painful. This usually alleviates hip discomfort.

Hip—Exercise 1



A



B

Patient Name: _____ **Date:** _____

Starting position: Kneel down on the side to be stretched. Kneel on a pillow. Your other leg should be bent.

Exercise: Slowly lean forward until a stretch is felt in the front of your thigh. Do not arch your back.

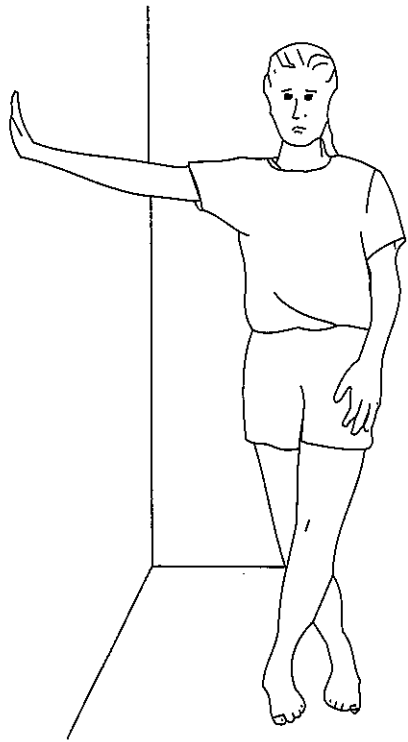
Hold _____ seconds.

Repeat _____ times.

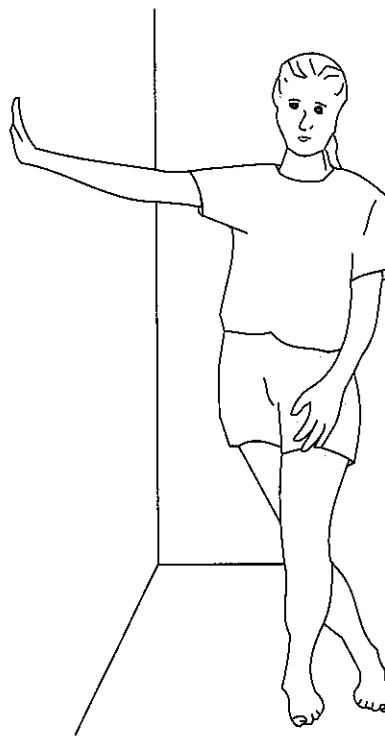
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 2



A



B

Patient Name: _____ **Date:** _____

Starting position: Stand with your involved side toward the wall. Cross your involved leg behind your uninvolved leg.

Exercise: Slowly lean your hip toward the wall until a stretch is felt on the outside of your thigh.

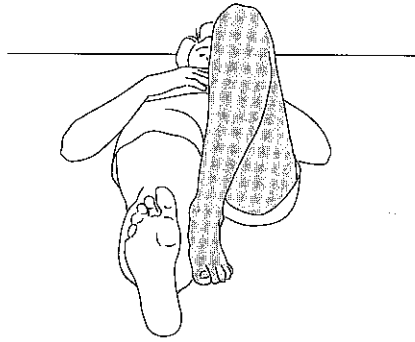
Hold _____ seconds.

Repeat _____ times.

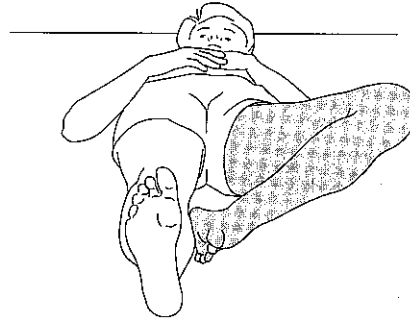
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, involved leg bent and uninvolved leg straight.

Exercise: Slowly lower your knee to the outside until a stretch is felt on the inside of your thigh.

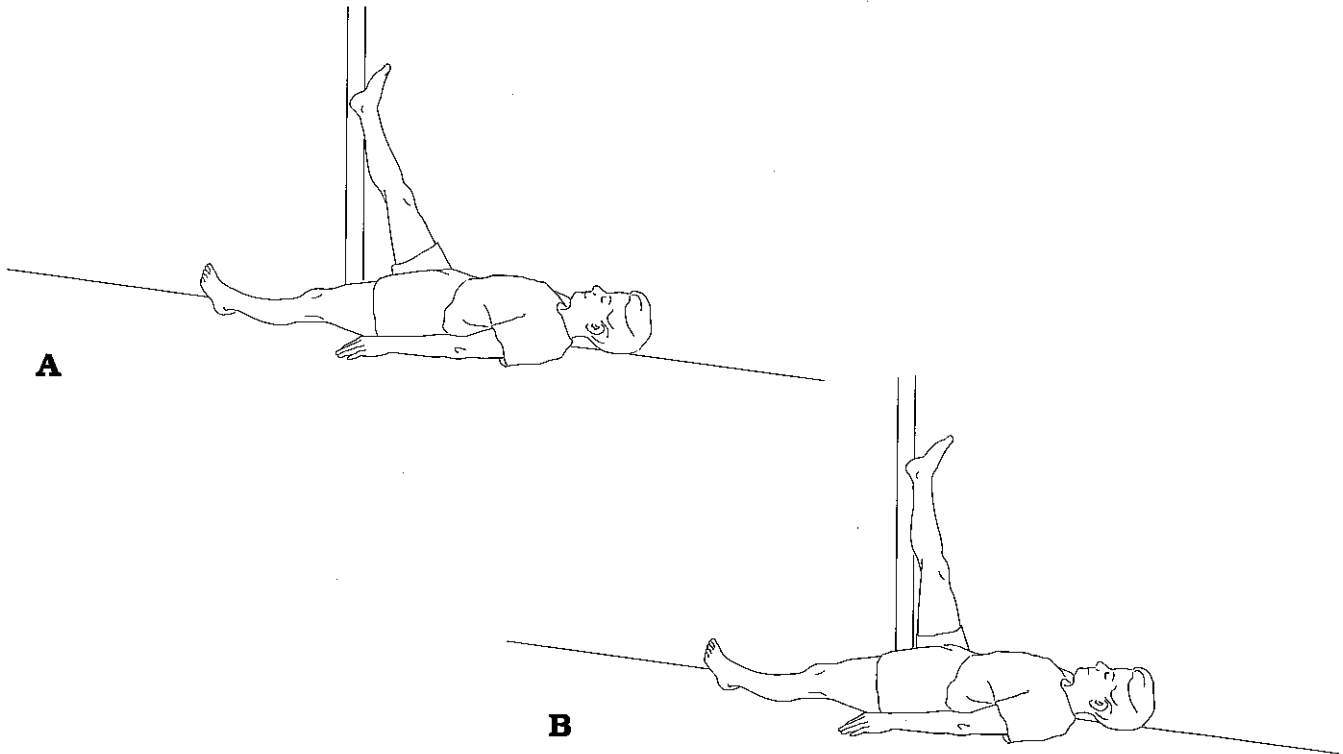
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 4



Patient Name: _____ **Date:** _____

Starting position: Lying on the floor with involved leg on the wall and uninvolved leg through a doorway.

Exercise: Slowly slide your buttocks toward the wall until a stretch is felt in the back of your thigh or calf.

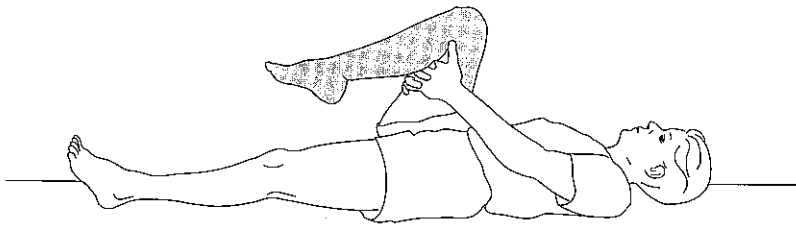
Hold _____ seconds.

Repeat _____ times.

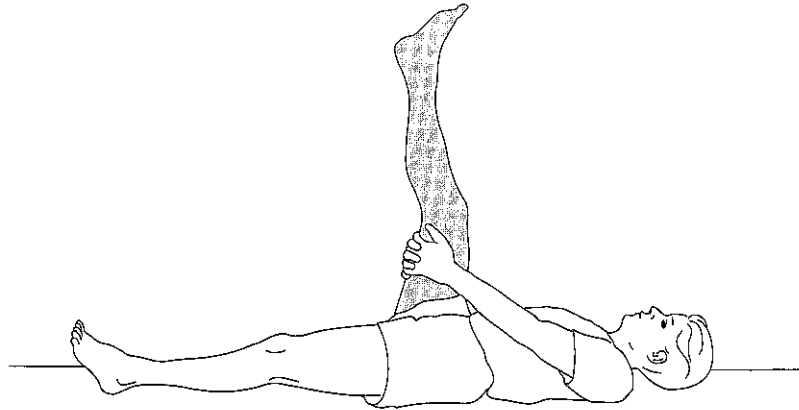
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 5



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with hip bent 90° and hands clasped together at the back of your knee.

Exercise: Slowly lift your foot toward the ceiling until a stretch is felt in the back of your thigh or calf.

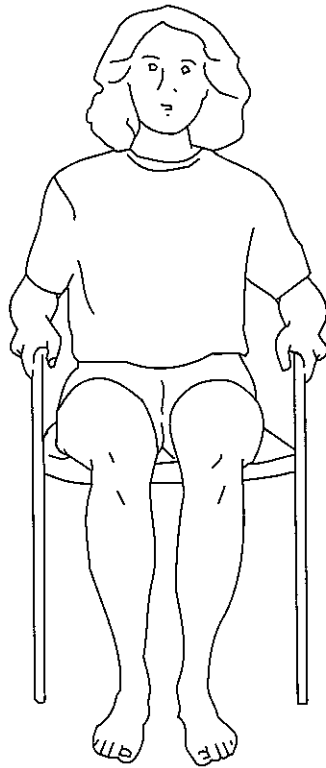
Hold _____ seconds.

Repeat _____ times.

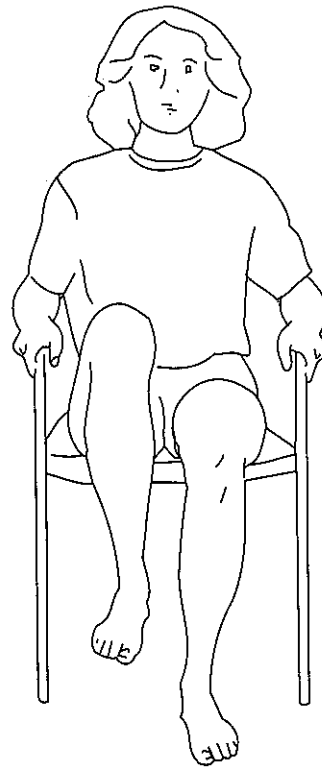
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 6



A



B

Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair.

Exercise: Slowly lift involved knee toward your chest.

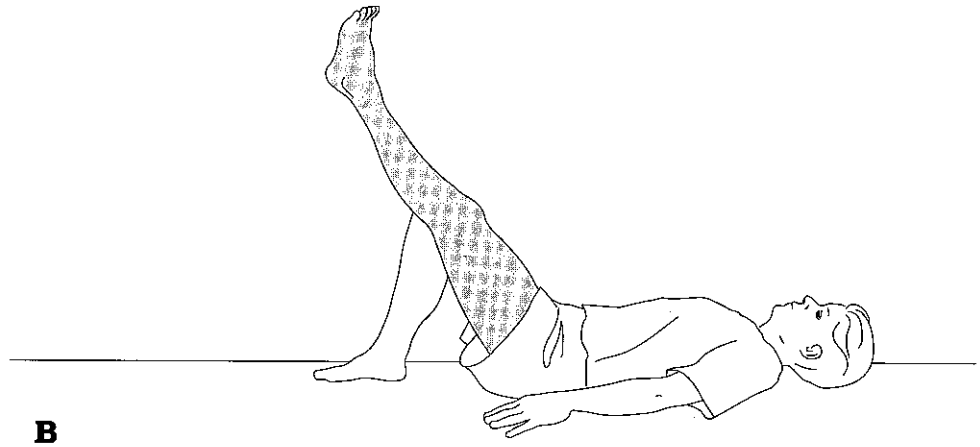
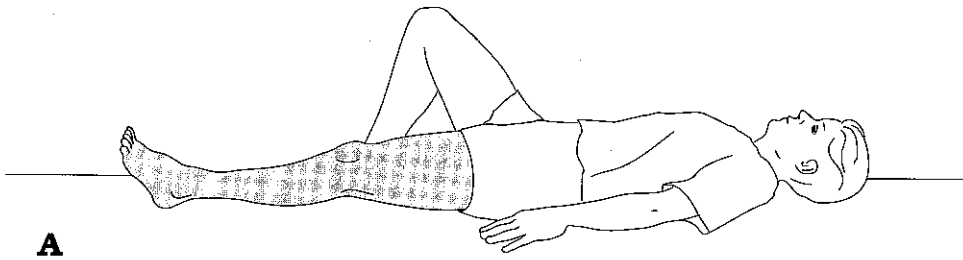
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 7



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with uninvolved knee bent and involved knee straight.

Exercise: Tighten the top muscle of your thigh. Lift your leg from the floor until involved knee is even with other knee. Keep your leg straight.

Use _____ pounds.

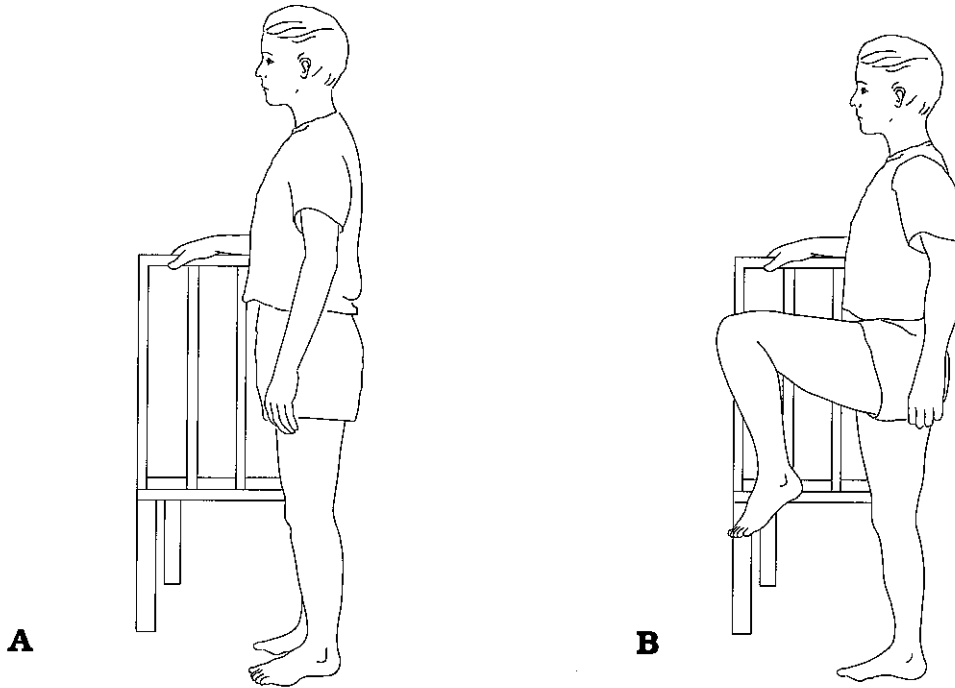
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 8



Patient Name: _____ **Date:** _____

Starting position: Standing with both legs straight. Use a stationary object for support.

Exercise: Slowly lift uninjured knee toward the ceiling.

Use _____ pounds.

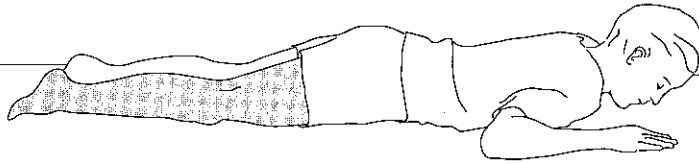
Repeat _____ times.

Do _____ sessions per day.

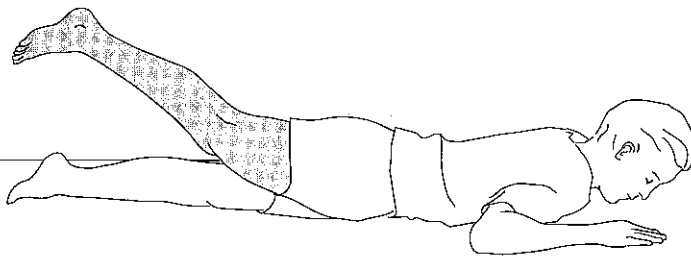
Special Precautions/Comments: _____

Hip—Exercise 9

A



B



Patient Name: _____ **Date:** _____

Starting position: Lie on your stomach with both knees straight.

Exercise: Slowly lift involved leg toward the ceiling while keeping your leg straight.

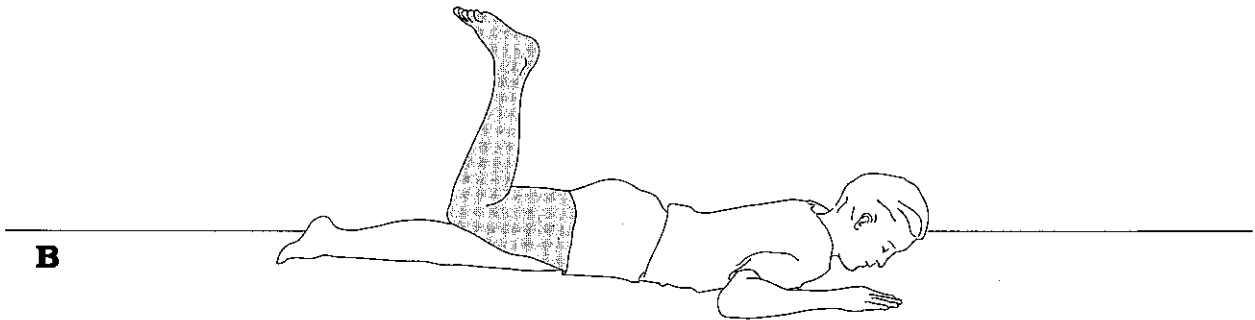
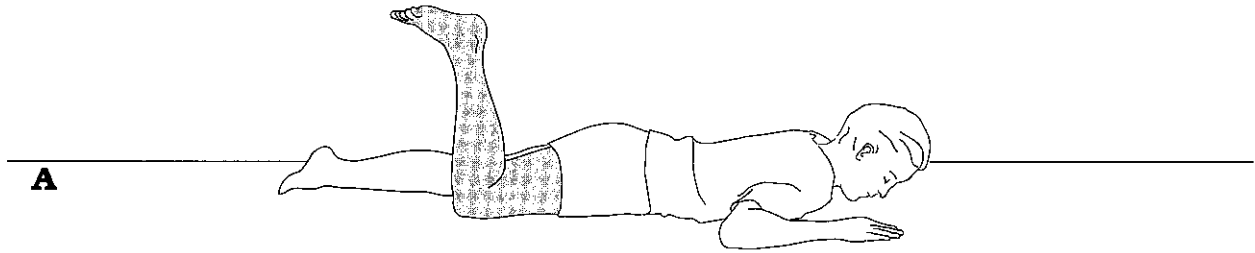
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 10



Patient Name: _____ **Date:** _____

Starting position: Lie on your stomach with involved knee bent.

Exercise: Lift your thigh off the floor while keeping your knee bent.

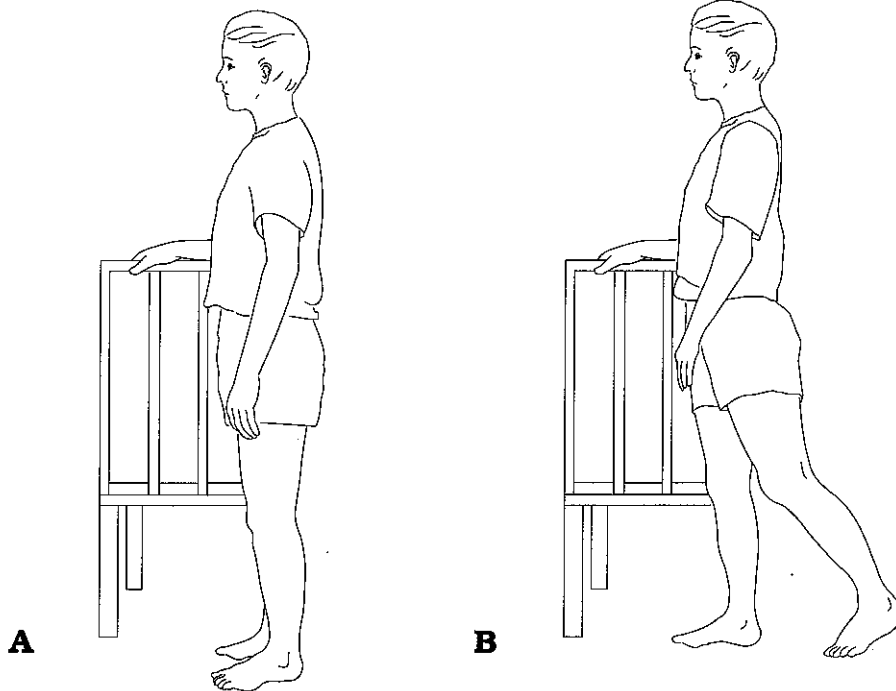
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 11



Patient Name: _____ **Date:** _____

Starting position: Standing with both legs straight. Use a stationary object for support.

Exercise: Slowly slide your involved leg backward.

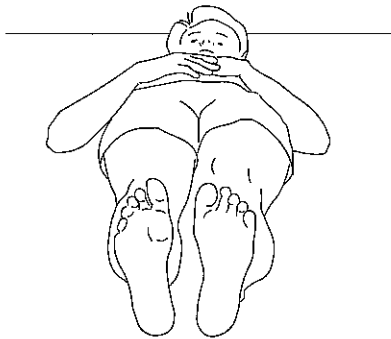
Use _____ pounds.

Repeat _____ times.

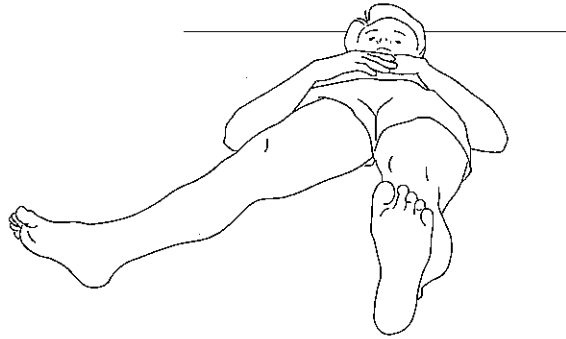
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 12



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, legs together and straight.

Exercise: Slowly slide involved leg away from uninvolved leg. Return to the starting position.

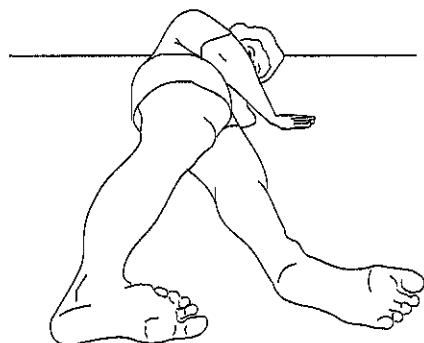
Use _____ pounds.

Repeat _____ times.

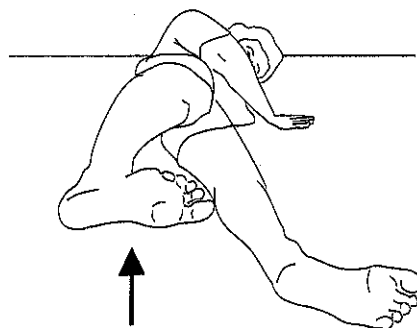
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 13



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your uninjured side with uninjured knee slightly bent and involved knee straight.

Exercise: Tighten the outside muscles of your thigh, lift your leg from the floor toward the ceiling. Try not to let your hip roll backward as you lift.

Use _____ pounds.

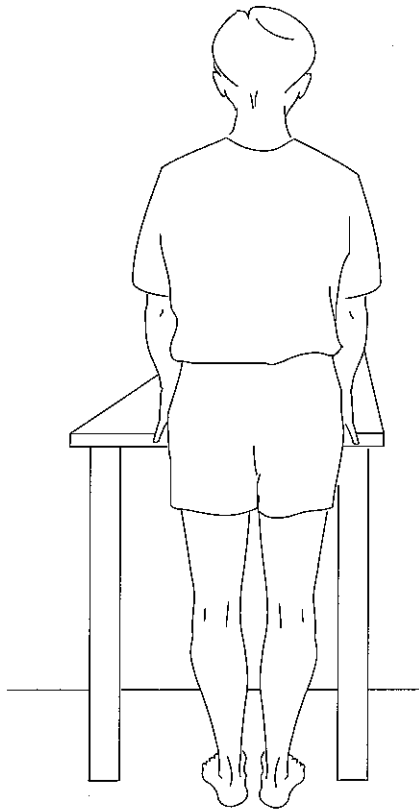
Hold _____ seconds.

Repeat _____ times.

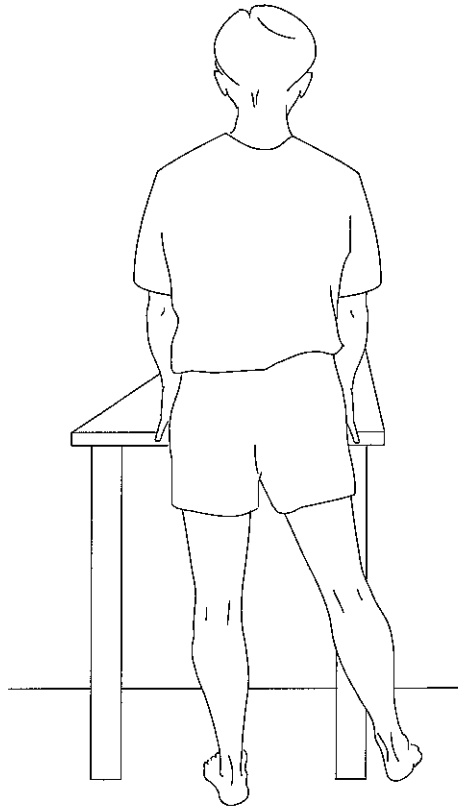
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 14



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing with both legs straight. Use a table for support.

Exercise: Slowly slide involved leg away from uninvolved leg.

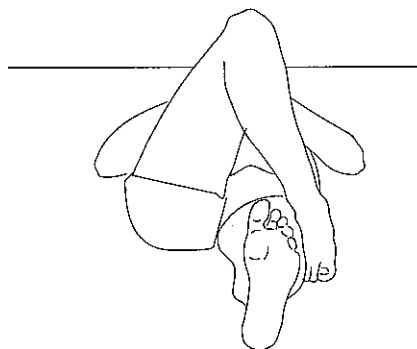
Use _____ pounds.

Repeat _____ times.

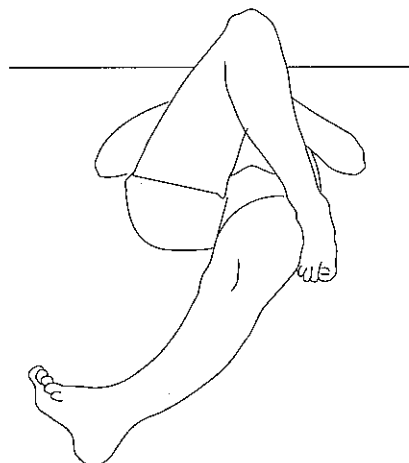
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 15



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back with uninjured leg crossed over injured leg. Your injured leg should be straight.

Exercise: Slowly slide injured leg past the middle of your body. Return to the starting position.

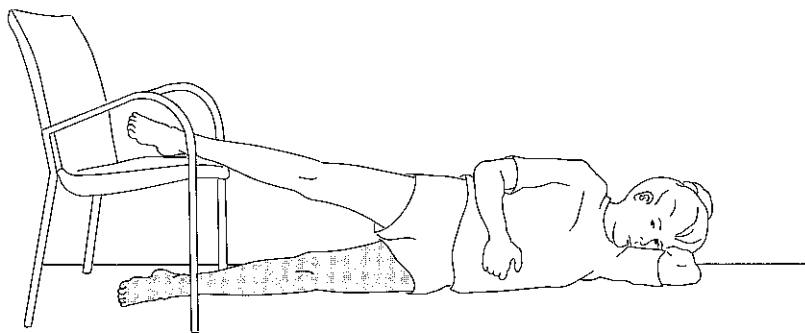
Use _____ pounds.

Repeat _____ times.

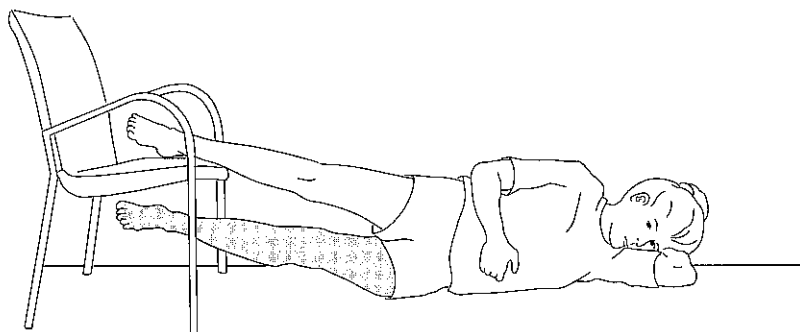
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 16



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your involved side with uninvolved leg on a chair.

Exercise: Tighten the inside muscle of your thigh, then lift your leg from the floor to the bottom of the chair.

Use _____ pounds.

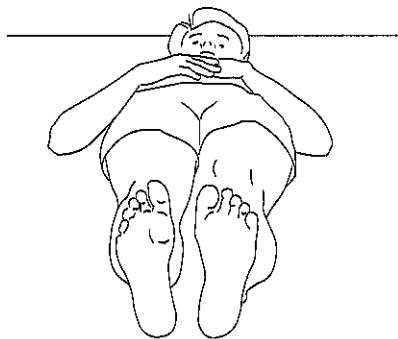
Hold _____ seconds.

Repeat _____ times.

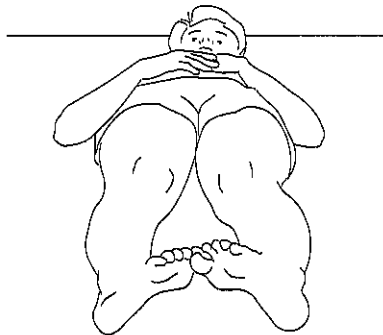
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 17



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees straight and kneecaps pointed toward the ceiling.

Exercise: Slowly roll your kneecaps toward each other.

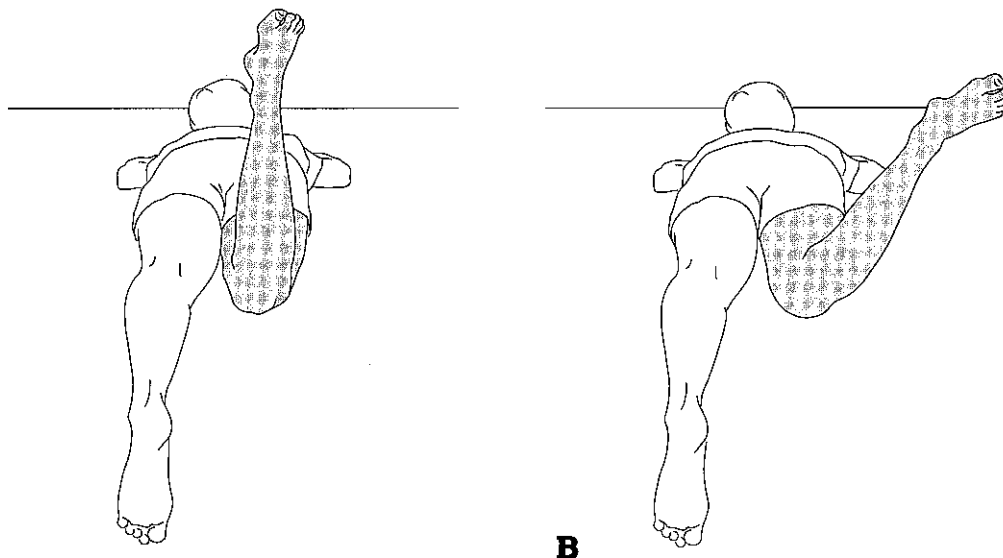
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 18



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach with uninvolved leg straight and knee of involved leg bent to 90°.

Exercise: Slowly lower involved leg away from your uninvolved leg. Return to the starting position.

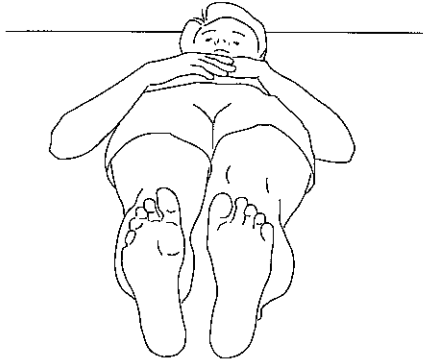
Use _____ pounds.

Repeat _____ times.

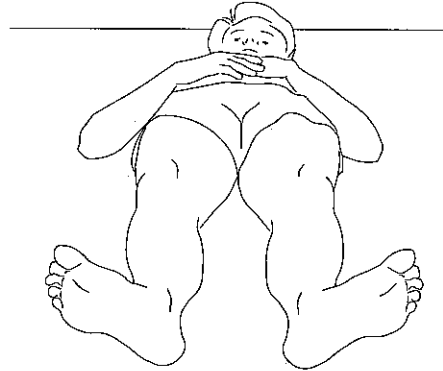
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 19



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your back, knees straight and kneecaps pointed toward the ceiling.

Exercise: Slowly roll your kneecaps away from each other.

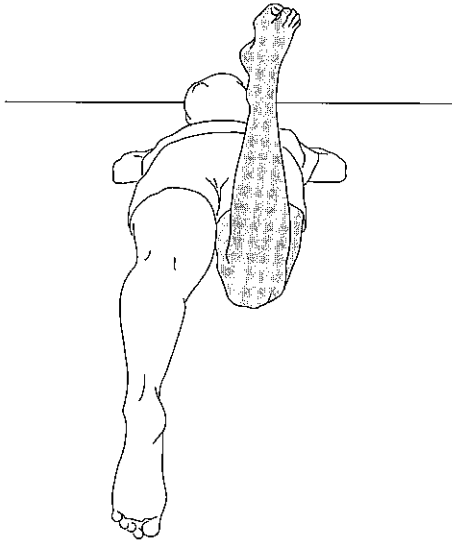
Use _____ pounds.

Repeat _____ times.

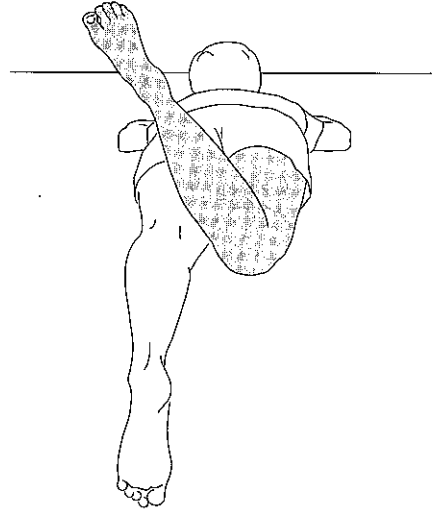
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 20



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach, uninvolved leg straight and the knee of involved leg bent to 90°.

Exercise: Slowly lower involved leg toward your uninvolved leg. Return to the starting position.

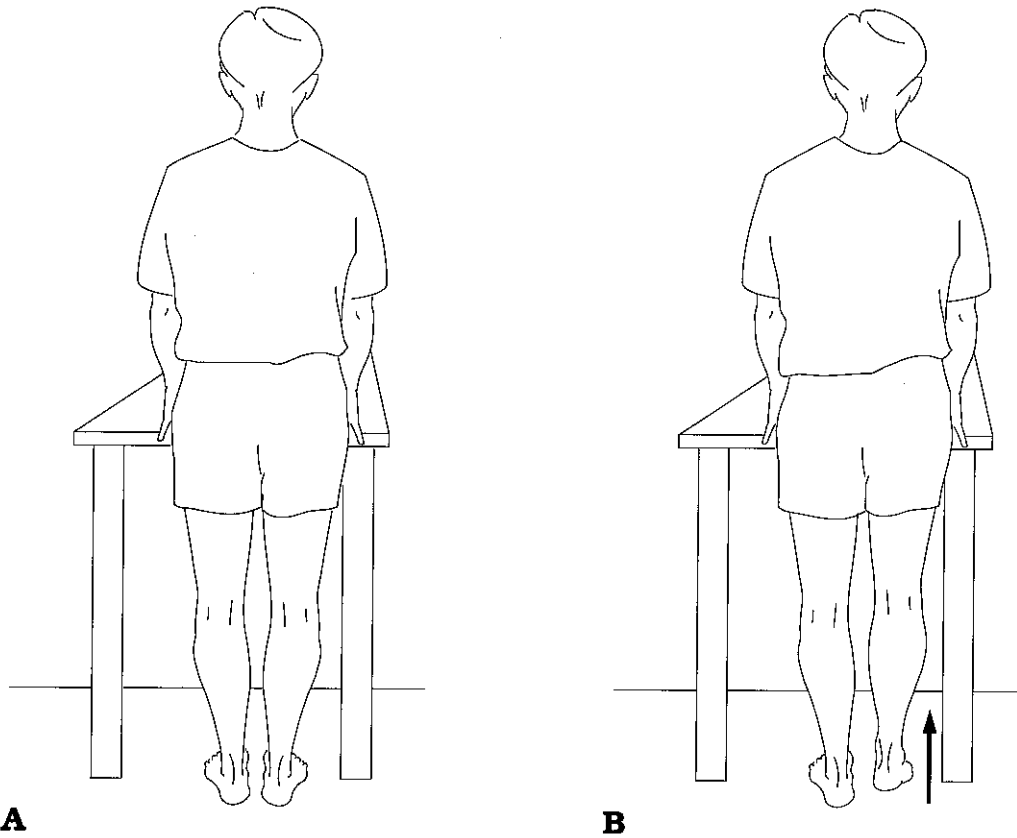
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 21



Patient Name: _____ **Date:** _____

Starting position: Standing while holding onto a table for balance.

Exercise: Lift involved foot off the floor, keeping your knee straight. Do not bend your knee. Return to the starting position.

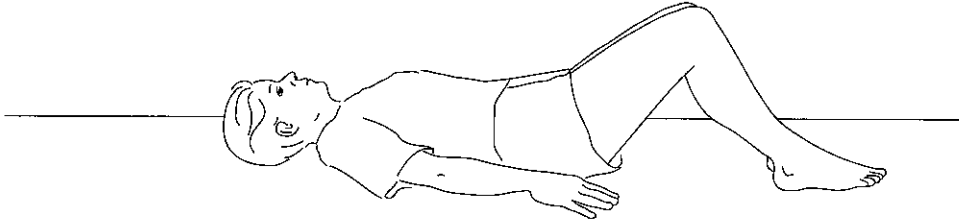
Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 22



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with both knees bent.

Exercise: Squeeze your buttock muscles together. Do not lift your back off the floor.

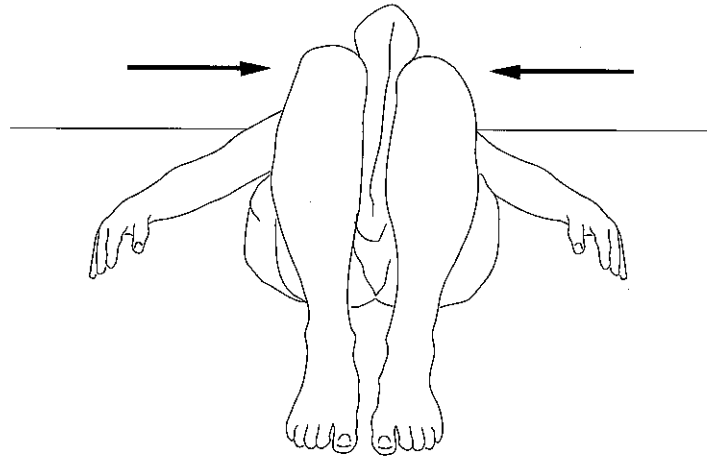
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 23



Patient Name: _____ **Date:** _____

Starting position: Lying on your back with a pillow between your bent knees.

Exercise: Squeeze your knees together. Start with light pressure, build to maximal pressure, then return to light pressure.

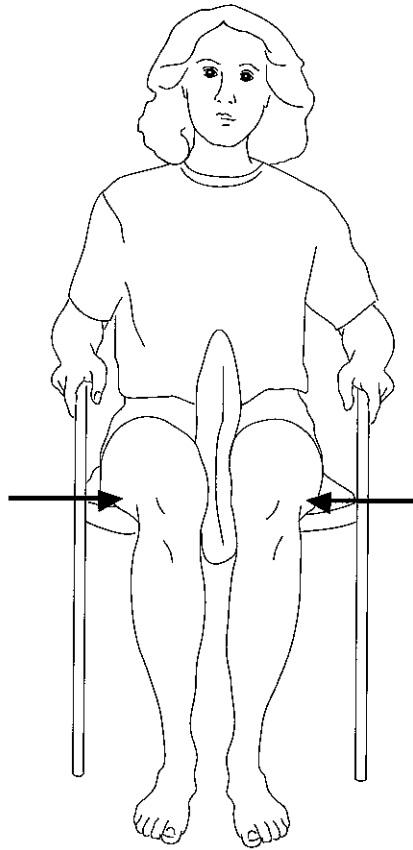
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 24



Patient Name: _____ **Date:** _____

Starting position: Sitting in a chair with a pillow between your knees.

Exercise: Squeeze your knees together. Start with light pressure, build to maximal pressure, then return to light pressure.

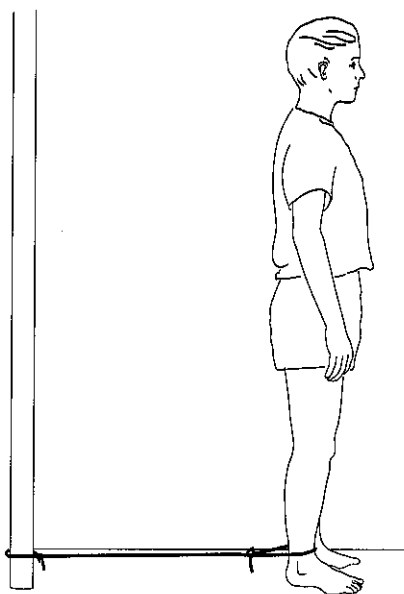
Hold _____ seconds.

Repeat _____ times.

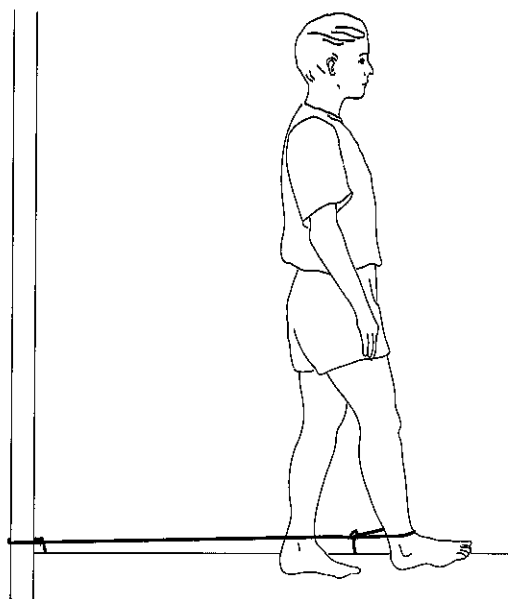
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 25



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing. One end of an elastic tubing is fastened to a sturdy nonmoveable surface. The other end is secured around ankle of involved leg.

Exercise: Slide your leg forward while keeping your knee straight.

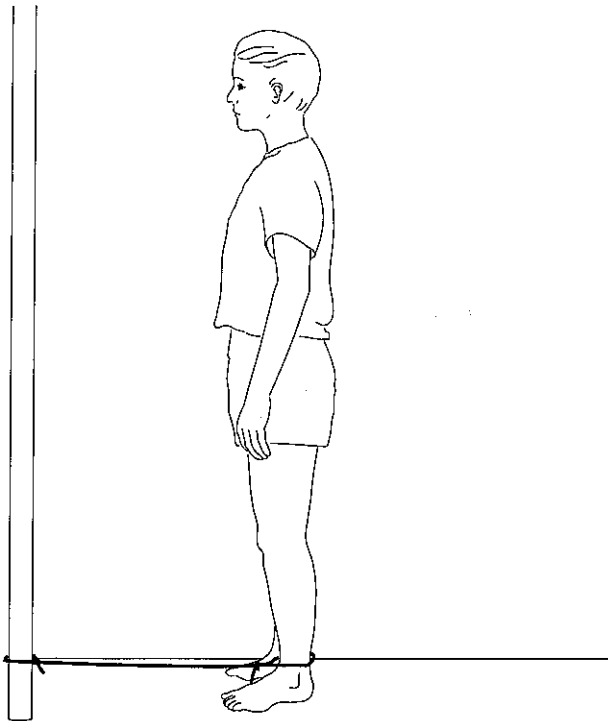
Hold _____ seconds.

Repeat _____ times.

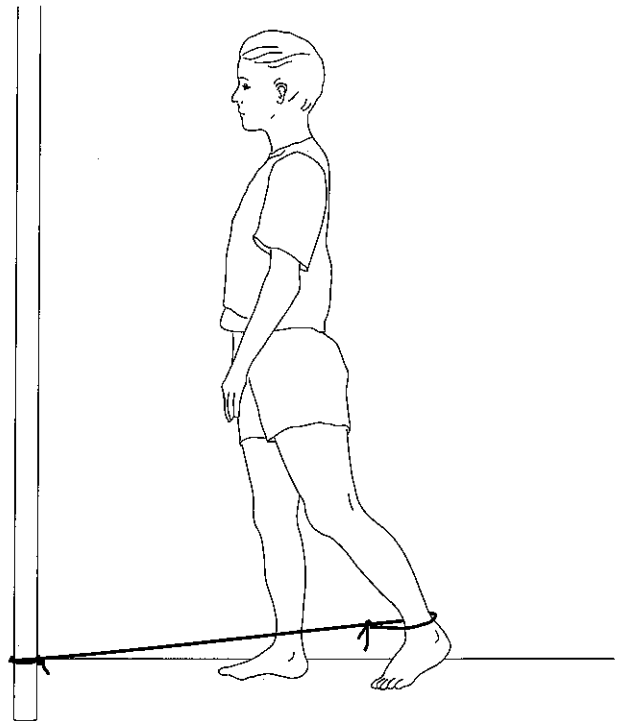
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 26



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing. One end of an elastic tubing is fastened to a sturdy nonmoveable surface. The other end is secured around ankle of involved leg.

Exercise: Slide your leg backward while keeping your knee straight.

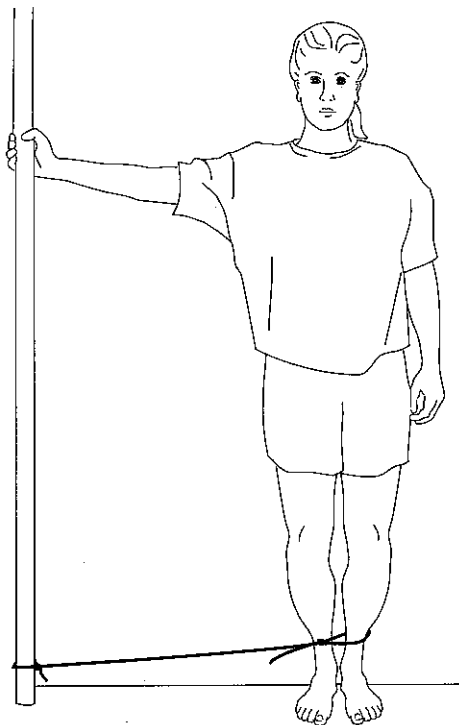
Hold _____ seconds.

Repeat _____ times.

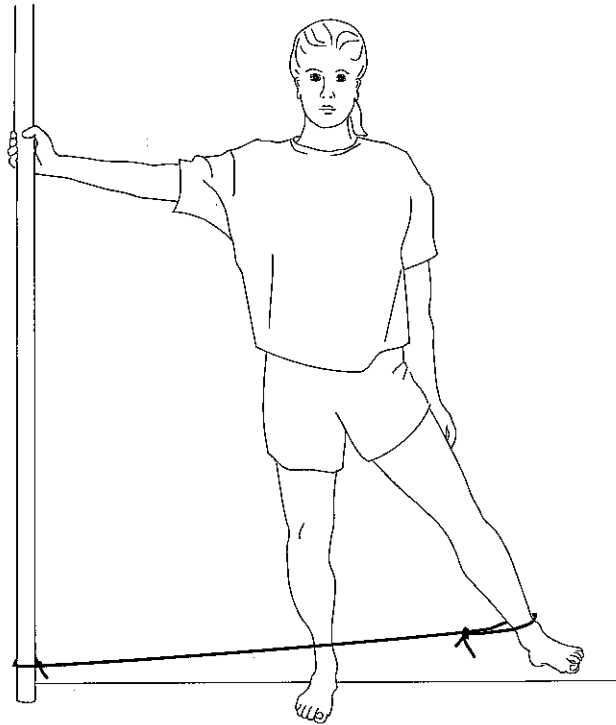
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 27



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing. One end of an elastic tubing is fastened to a sturdy nonmoveable surface. The other end is secured around ankle of involved leg.

Exercise: Slide your leg out to the side while keeping leg straight.

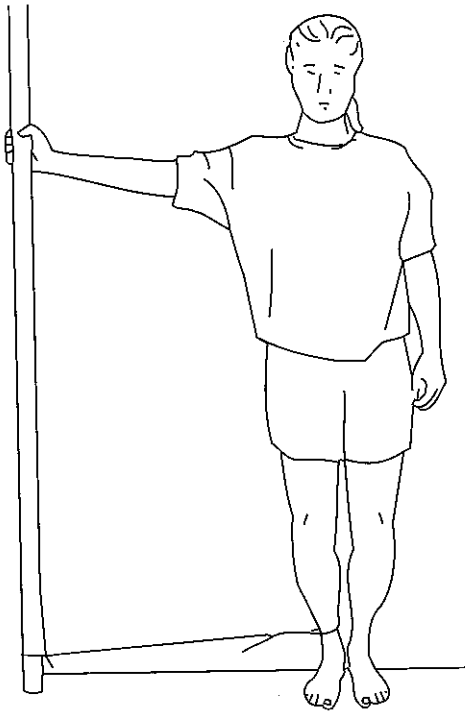
Hold _____ seconds.

Repeat _____ times.

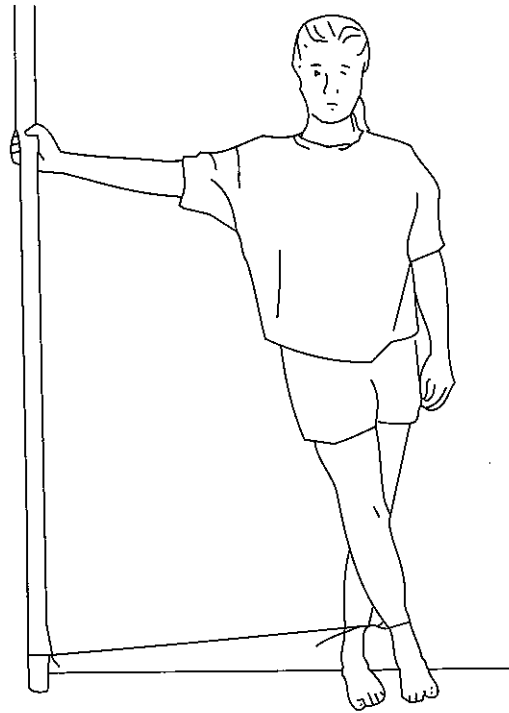
Do _____ sessions per day.

Special Precautions/Comments: _____

Hip—Exercise 28



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing. One end of an elastic tubing is fastened to a sturdy nonmoveable surface. The other end is secured around ankle of involved leg.

Exercise: Pull your leg across your body while keeping your knee straight.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

