

## Hip Program

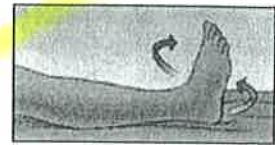
### 1. Ankle Pumps

- Slowly push your foot up and down, keeping the toes pointing up. Do this exercise several times throughout your exercise program or \_\_\_ sets of \_\_\_.



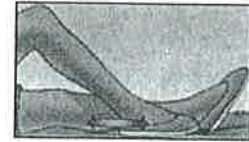
### 2. Ankle Rotations

- Move your ankle inward toward your other foot and outward away from your other foot. Repeat \_\_\_ times in in each direction.



### 3. Heel Slides

- Lying on your back, slide your heel up towards you buttocks, bending the knee and keeping your heel on the bed. Do not let your knee roll inward or outward. Perform \_\_\_ sets of \_\_\_ repetitions.



### 4. Gluteal Contractions

- Tighten your buttock muscles together tightly. Hold for 5-10 seconds. Relax. Do not hold your breath. Repeat \_\_\_ times.



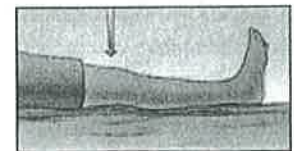
### 5. Abduction Exercise

- Lying on your back, slide your leg out to the side and back. Keep your toes pointed up. Perform \_\_\_ sets of \_\_\_ repetitions.



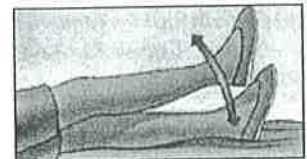
### 6. Quad Sets

- Tighten the muscle on the top of your thigh by pushing your knee down onto the floor. Hold 5-10 seconds. Repeat 15-30 times throughout the day.



### 7. Straight leg raises

- Tighten your thigh muscle with your knee fully straight. As your thigh muscle tightens, lift your leg several inches off the bed. Hold 5-10 seconds. Slowly lower. Perform \_\_\_ sets of \_\_\_ repetitions.



**8. Standing knee raises**

-Lift your leg towards your chest. Do not lift your knee higher than your chest. Hold for 2-5 seconds and put your leg down. Perform \_\_\_ sets of \_\_\_ repetitions.



**9. Standing hip abduction**

-With your hip, knee and foot pointing forward and your body straight, lift your leg out to the side. Slowly lower your foot back to the floor. Perform \_\_\_ sets of \_\_\_ repetitions.



**10. Standing hip extension**

-Lift your leg backwards slowly. Try to keep your back straight. Hold for 2-5 seconds. Return foot to floor. Perform \_\_\_ sets of \_\_\_ repetitions.



The next few exercises are more advanced and should be used with tubing. Attach the tubing to a stationary object such as a locked door or heavy furniture. The other end will be attached to the lower leg. Hold on to a chair or bar for balance.

**11. Resistive hip flexion**

-Stand with your feet slightly apart. Bring your leg forward, keeping the knee straight. Slowly lower. Perform \_\_\_ sets of \_\_\_ repetitions.



**12. Resistive hip abduction**

-Stand sideways from the door and extend your leg out to the side. Slowly lower. Perform \_\_\_ sets of \_\_\_ repetitions.



**13. Resistive hip extension**

-Stand facing the door or heavy object to which tubing is attached and pull your leg straight back. Slowly lower. Perform \_\_\_ sets of \_\_\_ repetitions.

