



## Phase I exercises:



### Passive Hip Flexion/ Extension

With the patient lying on their back, place one hand under their knee and the other on their heel.

Bend the patient's knee and move their leg towards their chest.

Slowly straighten their leg back down to the bed.

Repeat 20 Times

Complete 2 Sets

Do NOT go past 90 degrees for the first 6 weeks!!!



### Passive Hip Abduction

With the patient on their back with legs straight hold under the knee and under the heel.

Pull away from the midline of the body, keeping their leg straight until 25 degrees only.

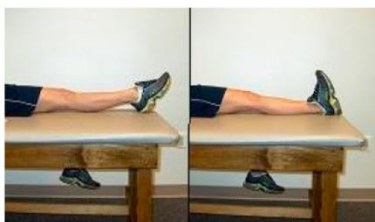
Return the leg back to midline.

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day

Be sure this is a passive exercise (meaning someone else is moving your hip for you).



### ANKLE PUMPS

While lying down with the knee extended, slowly point the toes as far as possible then pull them back toward you as far as possible.

Repeat 50 Times

Complete 2 Sets

Perform 3 Times a Day

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## QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat. Video # VVAYA2UL8



Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 2 Times a Day

## GLUTE SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 2 Times a Day

## Hamstring Set

Being in supine, place a rolled towel under the heel. Press the towel down with keeping the knee relaxed.



Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 2 Times a Day



## ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as if someone were to punch you. You want to tighten your muscles, but not to the point where you wouldn't be able to talk normally. Release and repeat.



Repeat 15 Times  
Complete 3 Sets

Hold 5 Seconds  
Perform 2 Times a Day



## Supine Hip Adduction Isometric

- 1) Lie on your back
- 2) With a ball or folded pillow placed between your feet, squeeze the ball/pillow for the allotted time noted by the clinician. Hold, and relax.

Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 2 Times a Day



## Phase II exercises:



### Passive Hip Internal Rotation

With the patient on their back with legs straight place one hand above the knee and one hand midway down the lower leg.

Keeping the knee straight roll the leg where the toes are pointed away from the body.

Repeat 20 Times  
Complete 2 Sets

Perform 2 times a day



### Passive Hip External Rotation

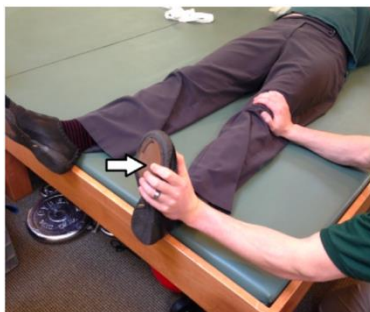
With the patient lying on their back, bend the knee and hip to 70 degrees.

Hold their leg with your forearm and place your hand under their calf. With your other hand support the top of the knee.

Rotate at the hip by moving the rest of the leg inward(keeping hip and knee at 70 degrees).

Repeat 20 Times  
Complete 2 Sets

Perform 2 times a day



### Hip External Rotation Isometric

While laying down on your back, have legs straight and toes pulled back. Lock ankle and knee. Have someone place their hands on affected leg as shown in the picture (you can also use a wall for resistance). Press into their hands for a count of 3 seconds as you try to rotate leg outward.

Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day





### Hip Internal Rotation Isometric

While laying down on your back, have legs straight and toes pulled back. Have someone place their hands on affected leg as shown in the picture (you can also place a pillow in between your legs and use that as resistance). Press into their hands for a count of 3 seconds.

Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day



### Hip Abduction Isometric

While laying down on your back, have legs straight and toes pulled back. Have someone place their hands on affected leg as shown in the picture (you can also do this using a wall for resistance). Press into their hands for a count of 3 seconds.

Repeat 15 Times  
Complete 3 Sets

Hold 3 Seconds  
Perform 2 Times a Day