

Hip Proximal hamstring home exercise program



IU Health Physicians

Phase I 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



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

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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.

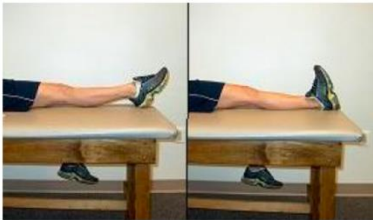


Slowly straighten their leg back down to the bed.

Repeat 20 Times

Complete 2 Sets

Make sure knee remains BENT through the stretch!!!



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

This exercise helps prevent blood clots after surgery.



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

Dr. Josh Everhart

Hip, knee, shoulder, sports medicine

IU Health Physicians

Address • phone # • email

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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

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

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Phase II exercises:



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

START GENTLY. DO NOT PUSH THROUGH PAIN. Slight discomfort is acceptable. We also recommend doing this after a good warm up so you're not stretching a stiff muscle. Video # VVQGB3WMY

Repeat 1 Time
Complete 1 Set

Hold 20 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



Hamstring bend Set

While laying on your back, bend your knee and slowly press your heel into the mat. You should feel your hamstrings contracting.

Repeat 15 Times
Complete 3 Sets

Hold 3 Seconds
Perform 2 Times a Day

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*** Perform these exercises once you have become comfortable with the isometric exercises. ***

PRONE HAMSTRING CURLS

While lying face down, slowly bend your knee as you bring your foot towards your buttock. Video # VV62KZXT6

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time. Video # VVYXQ3QHJ

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



PRONE HIP EXTENSION - BENT

While lying face down with your knee bent, slowly raise up your knee off the ground. Try to kick your heel to the ceiling. Video # VVYCGQRU3

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

