

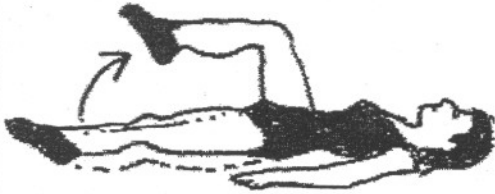
HIP

Range of Motion Therapeutic Exercises

Name _____

Date _____

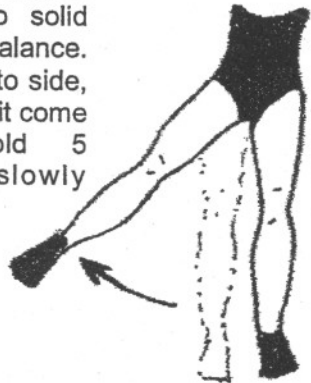
Flexion: Lie on back. Bend hip and knee, raising foot off floor as shown. Hold 5 seconds, slowly relax. Repeat



Extension: Lie on belly with knee bent and pillow positioned as shown. Raise thigh off floor as you lift foot toward ceiling. Hold 5 seconds, slowly relax. Repeat.



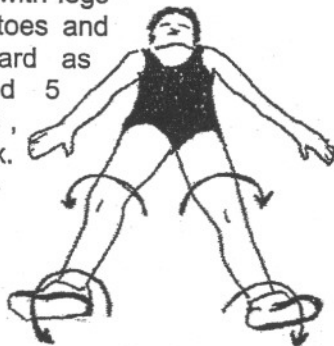
Abduction: Stand, holding on to solid object for balance. Raise hip out to side, without letting it come forward. Hold 5 seconds, slowly relax. Repeat.



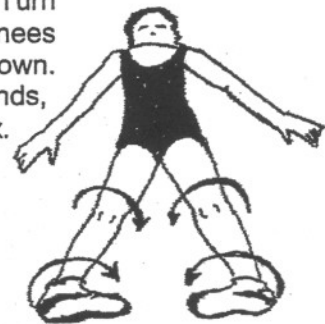
Adduction: Stand with toe pointing out to side as shown. Now cross the leg in front of your other leg. Hold 5 seconds, slowly relax. Repeat.



External Rotation: Lie on back with legs apart. Turn toes and knees outward as shown. Hold 5 seconds, slowly relax. Repeat



Internal Rotation: Lie on back with legs apart. Turn toes and knees inward as shown. Hold 5 seconds, slowly relax. Repeat.



GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.