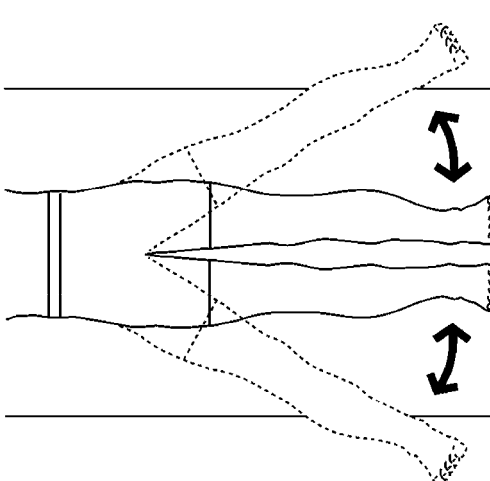


Comment:

These are gentle stretching exercises for the hip. You should not experience pain when you do them.



Grav- hip abd bil

- Lie on back on smooth firm surface.
- Keeping knees straight, move both legs outward.
- Return to start position and repeat.

Special Instructions:

It may help to place a pillow case under legs to reduce friction.

Perform 1 set of 10 Repetitions,
once a day.

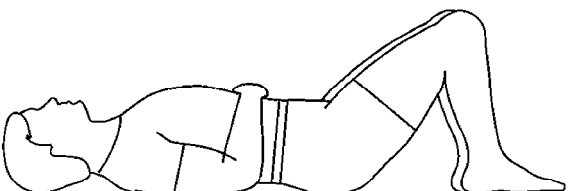
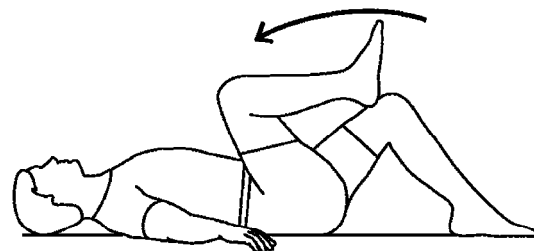
Hold exercise for 3 Seconds.

AROM lumbar flx uni knee to chest w/bent knee

- Lie on back with knees bent.
- Grab under knee.
- Gently bring right knee up to chest.
- Return to start position.
- Repeat with left knee.

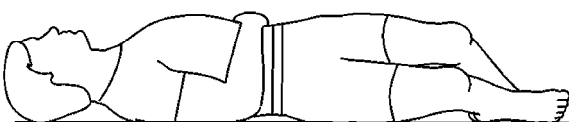
Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



AROM lumbar rotn supine

- Lie on back with knees bent, feet flat on floor as shown.
- Keeping knees together, move knees to the left as far as is comfortable.
- Next, move knees to the right as far as comfortable.
- Return to start position.



Special Instructions:

Keep your shoulders flat against the floor. Look in the opposite direction of where the legs are moving.

Perform 1 set of 10 Repetitions,
once a day.

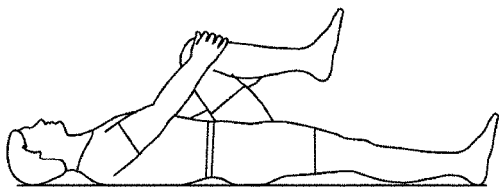
Hold exercise for 10 Seconds.

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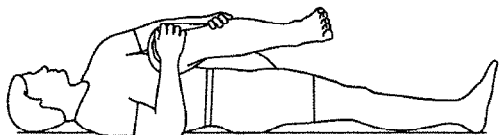
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Stretch Piriformis supine w/hip flx



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.



Perform 1 set of 10 Repetitions,
once a day.

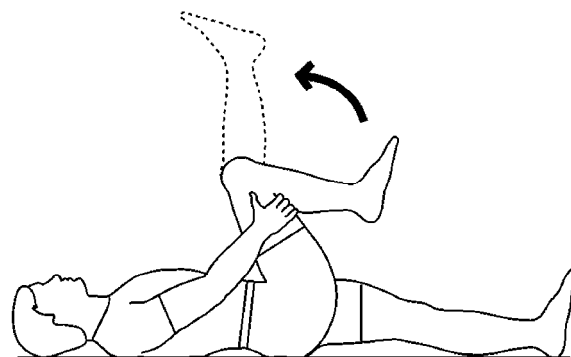
Hold exercise for 10 Seconds.

Stretch hamstrings supine active

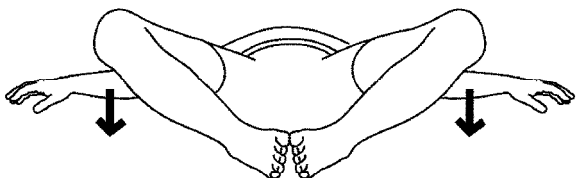
- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch groin supine static



- Lie on back with knees bent, soles of feet together.
- Slowly let your knees drop to floor.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

AROM lumbar ext prone (elbow press ups)

- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor.
- Return to start position and repeat.

Special Instructions:

Perform at rate of one arch per second.
Progress by straightening arms, pushing up.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

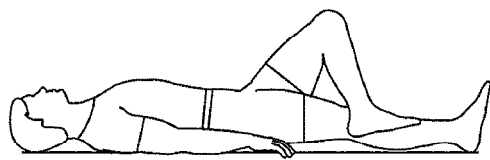


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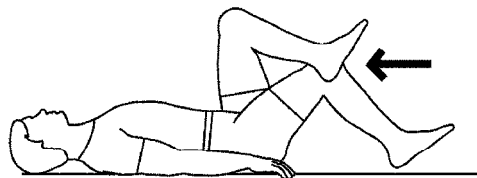
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Stretch hip/knee figure 4



- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 1 set of 10 Repetitions,
once a day.



Hold exercise for 10 Seconds.

Stretch hip flexors supine 2

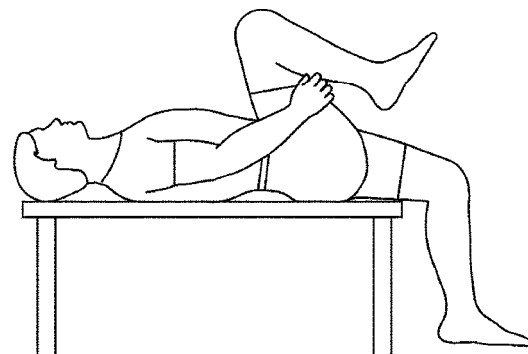
- Lie on table or firm bench with half of your thighs off table.
- Position both knees on chest.
- Flatten back against table.
- Lower left leg while holding right leg to chest.
- Return to start position.
- Repeat with other leg.

Special Instructions:

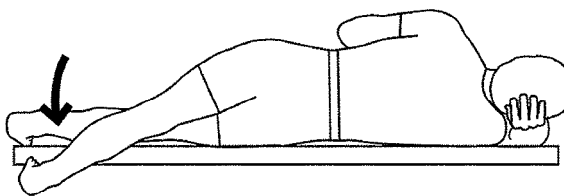
Do not allow leg on chest to fall outward.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch IT band sidelying



- Lie on uninvolved side.
- Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.
- Keep leg straight and rotated outward.

Perform 1 set of 10 Repetitions,
once a day.

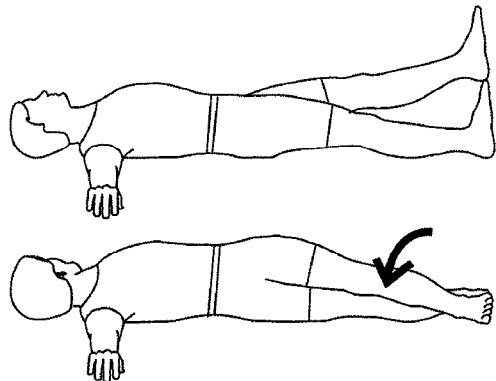
Hold exercise for 10 Seconds.

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Stretch trunk rotn supine



- Lie on back, arms out to side, with heel of left leg on toes of right leg.
- Tighten the thigh muscles of each leg and roll legs to right.
- Continue by lifting left hip up and turning head to left.
- Return to start position and repeat to other direction.

Perform 1 set of 10 Repetitions,
once a day.

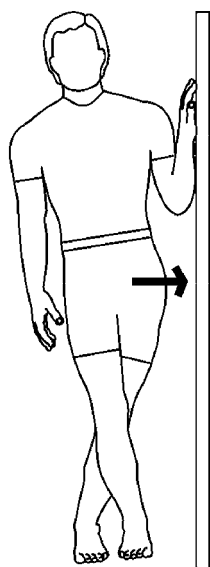
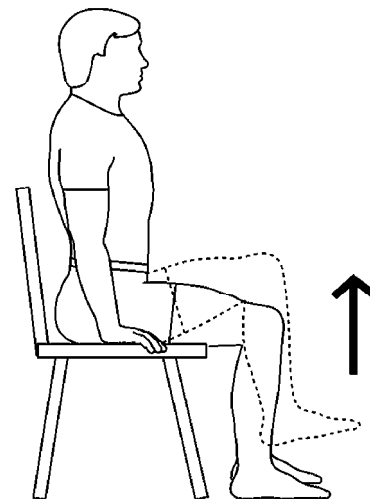
Hold exercise for 10 Seconds.

AROM hip flx sit

- Sit in chair with feet on floor.
- Lift knee of involved leg up and lower slowly.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 3 Seconds.



Stretch IT/TFL stand at wall

- Stand next to wall, about a foot away, involved leg toward wall.
- Cross over the uninvolved leg in front, and lean hip into wall, as shown.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

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