

Total Hip Exercise Program

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Calf Stretch

Improve flexibility in the back our your leg

- Sit with leg straight out in front of you
- Gently pull the towel or strap towards you until you feel a stretch in your calf
- Hold 20 seconds. Repeat 5 times



Standing Knee Flexion

Improve knee flexibility

- Stand holding on to a chair/table for support.
- Bend knee towards buttocks.
- 3 sets of 10 repetitions



Standing Hip Abduction

Strengthens outer hip

- Stand holding on to a chair/table for support.
- Tighten the muscle on front of the thigh, lifting leg 10 inches
- 3 sets of 10 repetitions.



Knee Extension

Strengthen top of though muscles

- With the knee bent over a rolled up towel, straighten the knee by tightening the muscle on the top of the thigh (Quadriceps).
- 3 sets of 10 repetitions.



Straight Leg Raise

Restore knee extension and strengthen

- Sit / lie with affected leg flat, and other knee bent
- Tighten thigh muscles raising leg 6-8 inches
- 3 sets of 10 repetitions



Bridges

Strengthen core, glutes, hamstrings

- Lay with hands at sides, feet flat on floor
- Tighten buttocks and raise hips, keeping back straight
- 3 sets of 10 repetitions



Hip Adduction

Strengthen inner thigh muscles

- Put ball/folded pillow between knees, and squeeze knees together
- Hold for 10 seconds, repeat 10 times

