

IMG Physical Therapy

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HIP INJURY EXERCISE SHEET

Rehabilitation of the hip may take an extended period of time. A loss of strength, range of motion and use is common after an injury or surgery. Your strength, range of motion and use of the hip can be improved with the exercises you are given and those patients who comply with their program tend to recover much faster. It may become frustrating at times, but you can be successful with hard work, patience and listening to your body.

When you are exercising on your own there are some things to remember...

- Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain, either lower the resistance, lower the number of sets or repetitions or reduce the range of motion to avoid the area of pain.
- You should experience muscle soreness, dull ache, fatigue and stretching sensations, but the exercises should not increase the pain or swelling.
- When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day or 3 to 5 days per week.

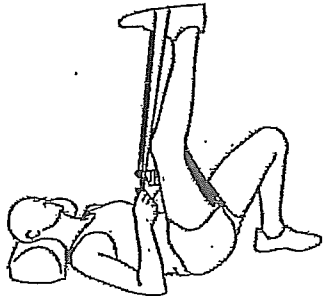
****Perform 2 sets of 15 repetitions for strengthening exercises****

****Stretch for 3-10 repetitions holding 10-30 seconds each time****

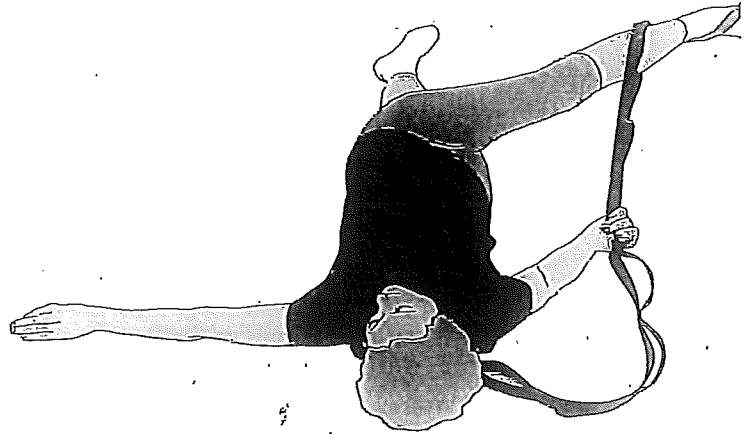
Ice for 15 minutes after exercising and at the end of the day.

HIP and KNEE Stretching

Supine Hamstring Stretch

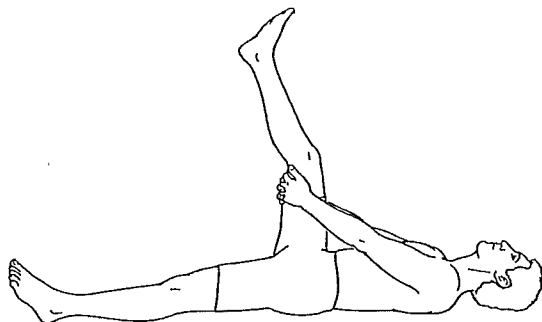


Lie on your back holding the leg with towel as shown and pull until a stretch is felt. Keep the opposite knee BENT. Hold for 30 seconds. Repeat 3 times. Do Once per Day.



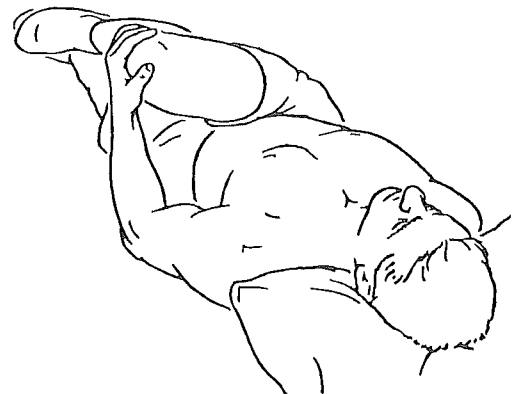
Lie on you back with rope around your foot. Pull leg straight up toward ceiling. When at top, with the leg straight, use the rope to cross your leg over your body toward the bed. Do NOT allow the hip to come off the ground. Hold for 30 seconds. Repeat 3 times. Do Once per Day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)
Towel version is on separate sheet



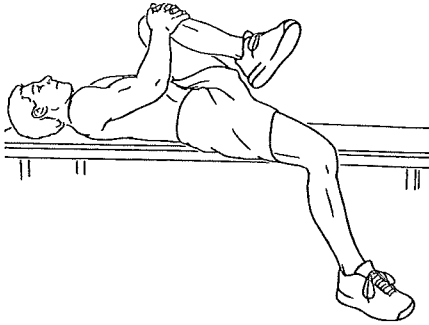
1. Flex the hip to a 90 (right angle) from the body.
2. Slowly raise the lower leg until a slight tension is felt.
3. Lightly point the toes forward and backward 5 times.
4. Maintain this position and extend the lower leg a little more and move the toes 5 times again, repeat a third time.

HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull knee toward opposite shoulder. Hold 30 seconds. Relax.
Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

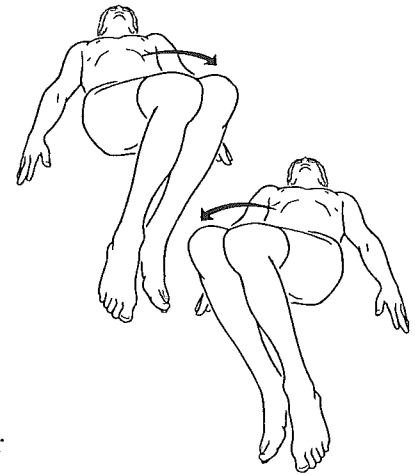
SPINAL MOBILIZATION - 32 Pelvic Rotation:
Knee-to-Chest (Supine)



With leg hanging over side of bench, other knee to chest, relax leg as much as possible. Hold 30 seconds. Relax.
Repeat 3 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 35 Lumbar Rotation (Non-Weight Bearing)

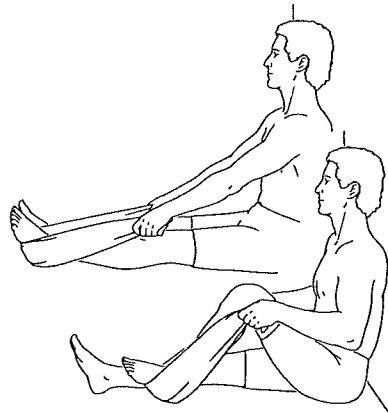
Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly hold on each side for a count of 5-10 seconds.



Repeat 10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

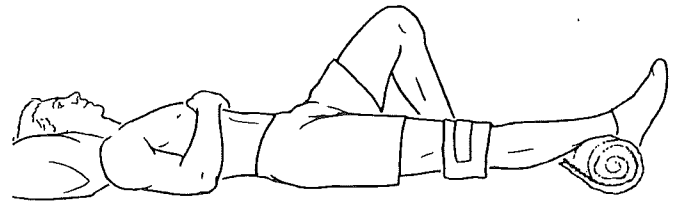
HIP / KNEE - 46 PROM: Knee Flexion

With towel around injured heel, gently pull knee up with towel until stretch is felt. Hold 30 seconds.



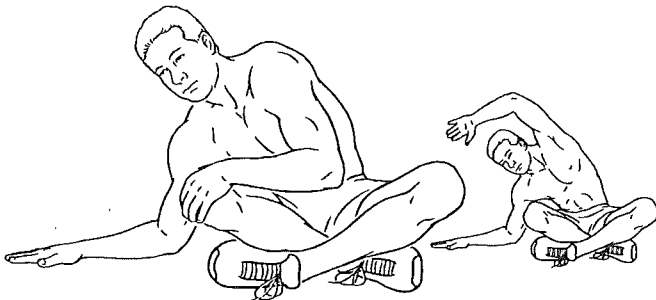
Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 70 Knee Extension Mobilization: Towel Prop



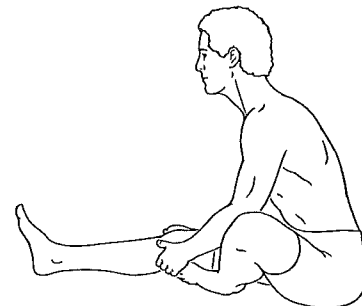
With rolled towel under injured ankle, place 0 pound weight across knee. Hold 3-5 minutes.
Repeat 1 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 100 Quadratus Stretch



Sit cross-legged on floor and bend sideways, touching elbow to floor. Hold for 30 seconds.
Repeat 3-5 times per set. Do 1 sets per session.
Do 2 sessions per day.
To increase stretch, raise other arm above head

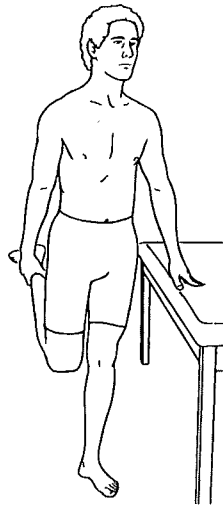
HIP / KNEE - 40 Stretching: Hamstring (Sitting)



With injured leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 30 seconds.
Repeat 3-5 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull injured heel toward buttock until stretch is felt in front of thigh.
Hold 30 seconds.



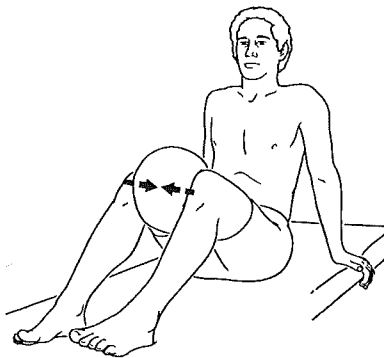
Repeat 3-5 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

TRUNK STABILITY - 24 Isometric Gluteals



Tighten buttock muscles.
Hold 10 seconds. Repeat 10 times per set.
Do 1 session per day.

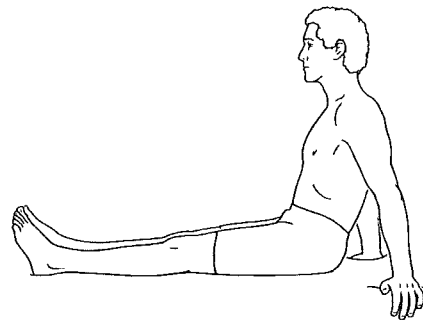
HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

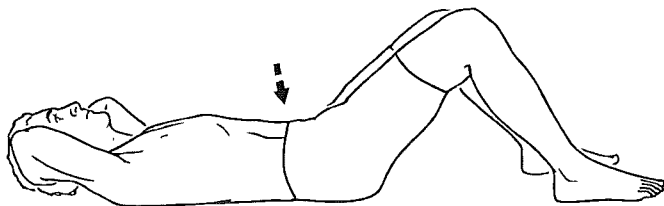
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

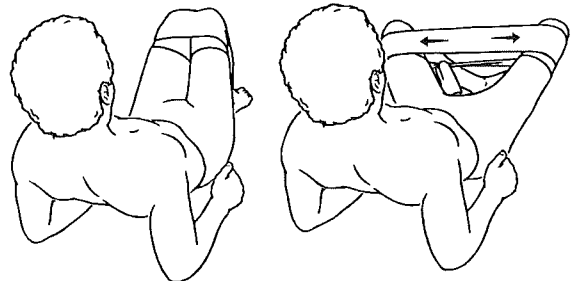
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and holding for 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted

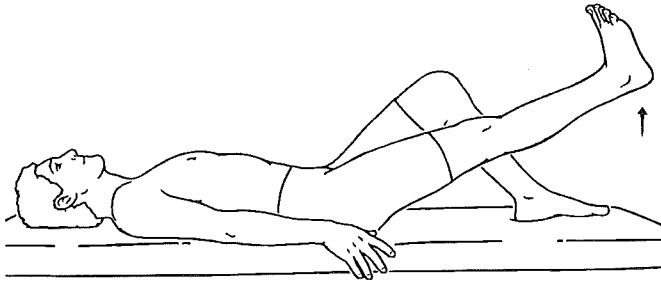


With band looped around both legs above knees, push thighs apart.

Phase 1: Lying on back
Phase 2: Lying on your side

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

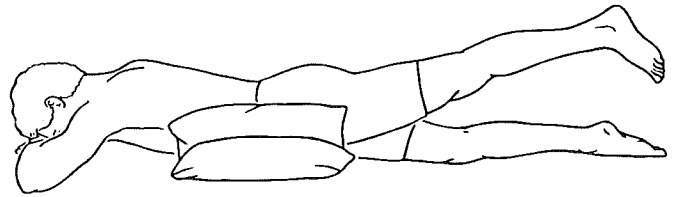
HIP / KNEE - 17 Strengthening: Straight Leg Raise
(Phase 1)



Tighten muscles on front of injured thigh, then lift leg to equal the height of bent un-injured leg, keeping knee locked.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

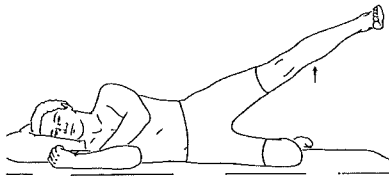
BACK - 4 Hip Extension (Prone)



Lift injured leg 6 inches from floor, keeping knee locked.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction / Rose-wall
Slides

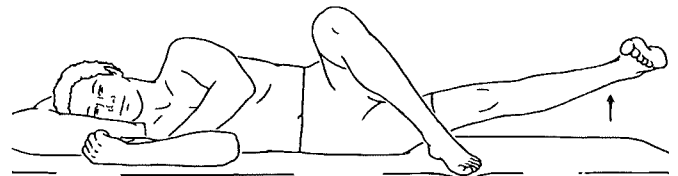


Tighten muscles on front of thigh, then lift leg 12 inches from surface, keeping knee locked.

Rose-wall: lay on side with whole body flat against the wall. Then lift leg along the wall as high as you can keeping the whole leg against the wall and keeping knee locked. After completing switch sides.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

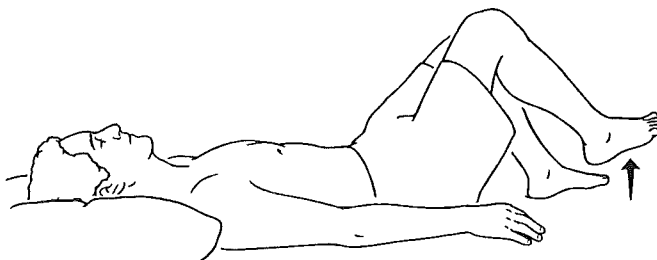
HIP / KNEE - 22 Strengthening: Hip Adduction
(Side-Lying)



Tighten muscles on front of injured thigh, then lift leg from surface, keeping knee locked.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

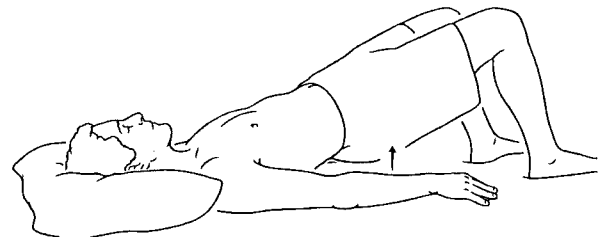
TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise leg 6 inches from floor. Keep trunk rigid. Hold 1-3 seconds. Switch sides.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 9 Bridging

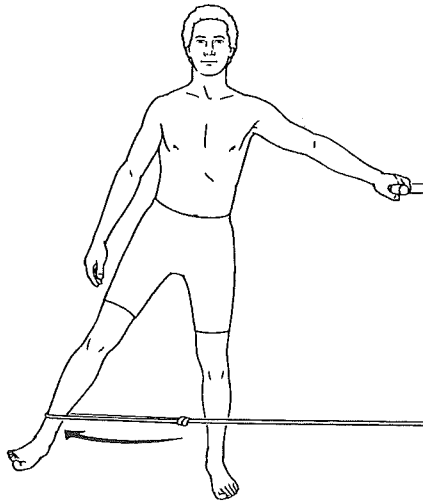


Slowly raise buttocks from floor, keeping stomach tight.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

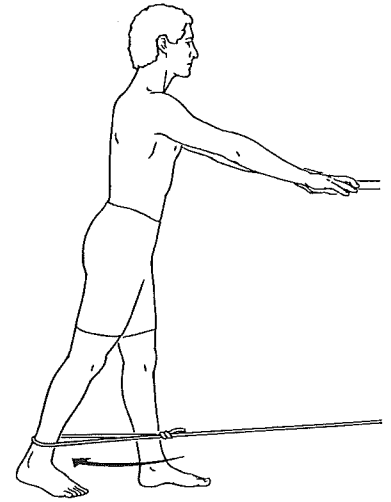
With tubing around leg, other side toward anchor, extend leg out from side.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

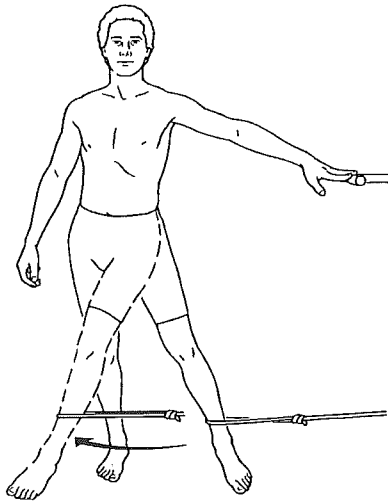
With tubing around ankle, face anchor and pull leg straight back.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

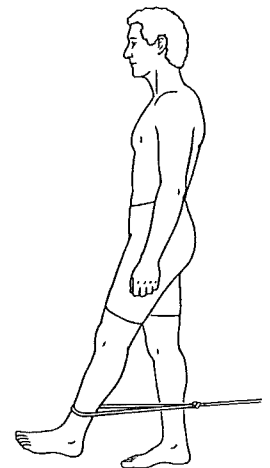
With tubing around leg, bring leg across body.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

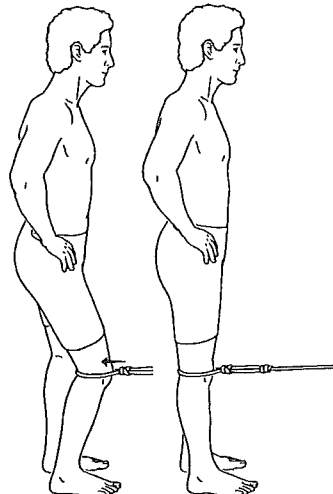
With tubing around ankle, anchor behind, bring leg forward, keeping knee straight.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 43 Terminal Knee Extension (Standing)

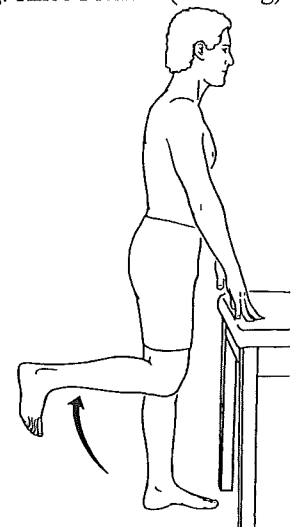
Facing anchor with injured knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.



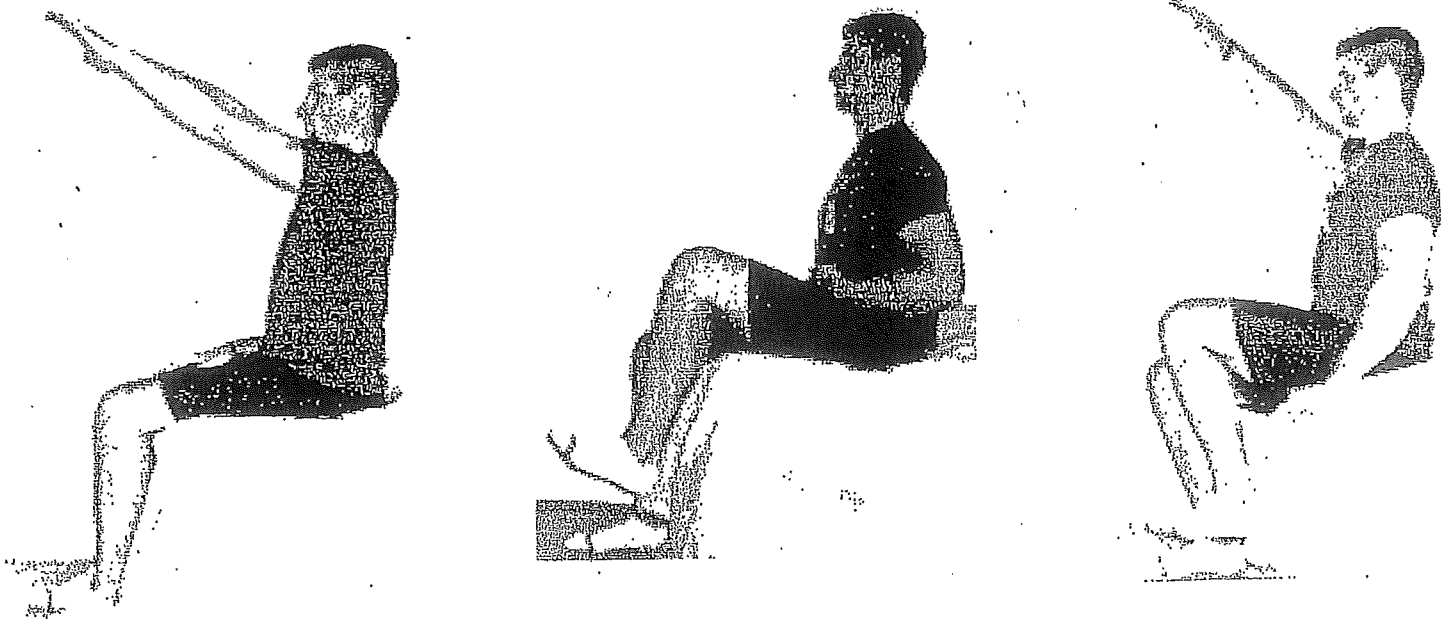
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 24 Strengthening: Knee Flexion (Standing)

With support, bend injured knee as far as possible.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

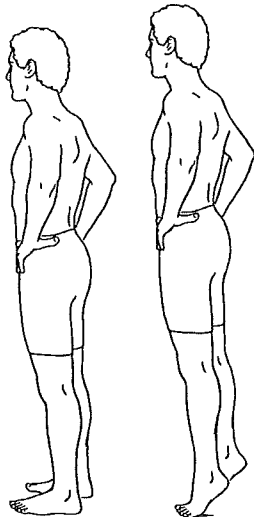


___ Sets of ___ Repetitions for each way

1. Start with the arm and lift to a pain free range while maintaining a straight tight posture by engaging the abdominals.
2. Then do the leg lifts
3. Then alternate one arm and one leg

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

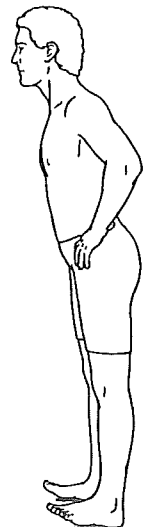
Rise on balls of feet.



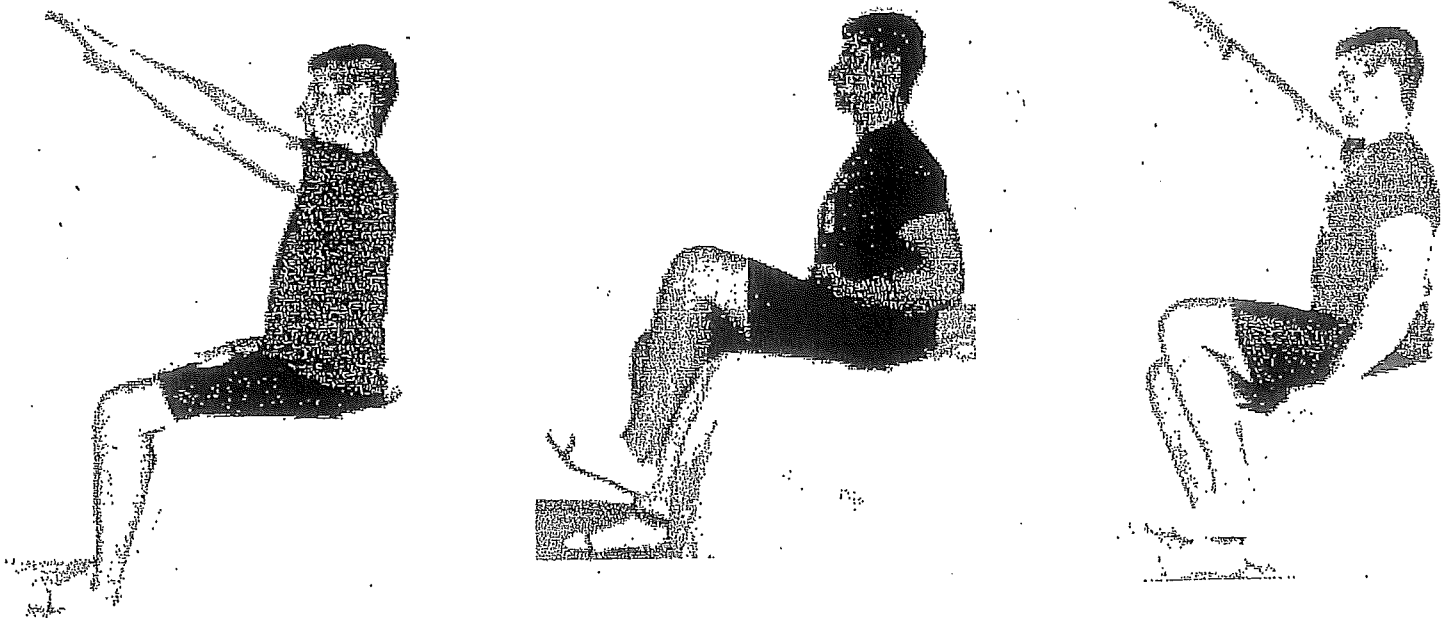
Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

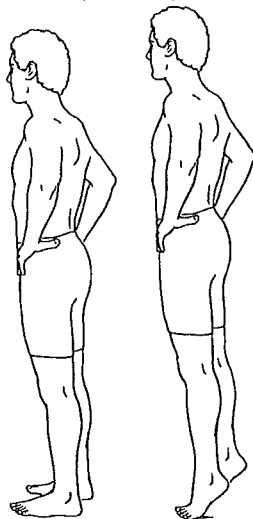


___ Sets of ___ Repetitions for each way

1. Start with the arm and lift to a pain free range while maintaining a straight tight posture by engaging the abdominals. .
2. Then do the leg lifts
3. Then alternate one arm and one leg

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

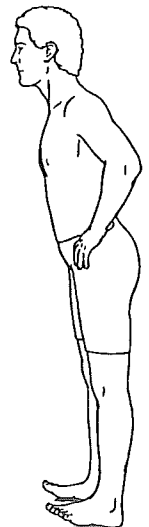
Rise on balls of feet.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 22 Toe Raise (Standing)

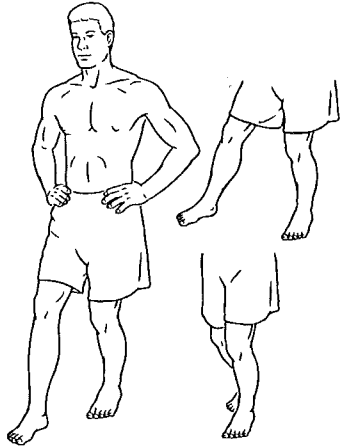
Rock back on heels.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 44 Balance: Weight Shifting

1. Stand with feet shoulder width apart. Shift weight side to side while holding onto table or chair.
2. Stand with one foot in front of other. Shift weight front to back. Switch legs halfway through time.

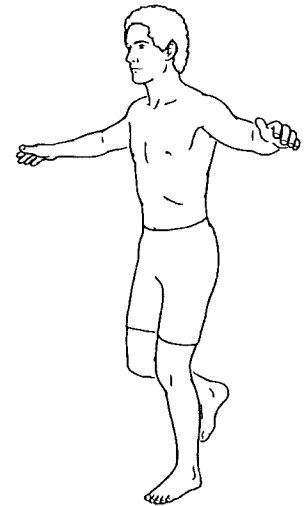


Repeat 5 minutes each direction. Do daily.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on leg, eyes open. Hold 10-60 seconds. Switch legs.

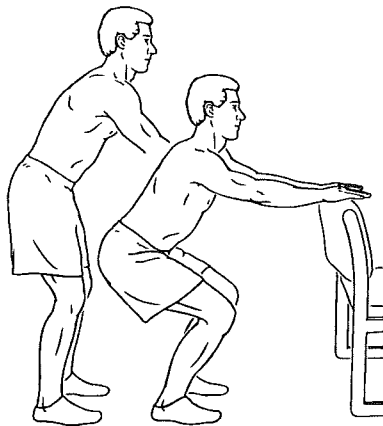
Repeat 3-10 times per set.
Do 1 sets per session.
Do 1 sessions per day.



___ Perform exercise with eyes closed.

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

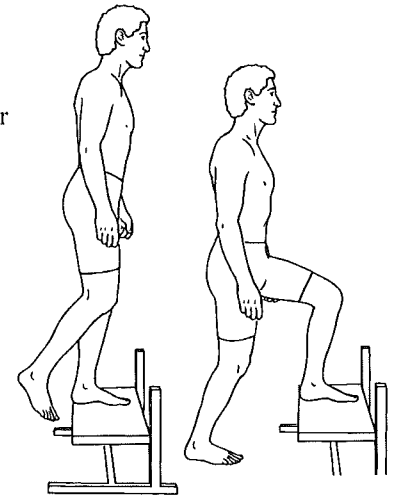
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 52 Step-Down / Step-Up

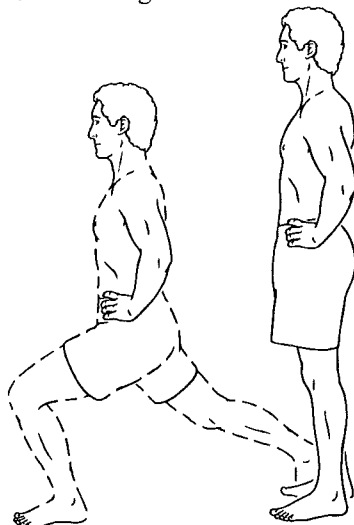
Stand on stair step or 12 inch stool. Slowly bend injured leg, lowering other foot to floor. Return by straightening front leg. Keep knee from going past toes.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 34 Forward Lunge

Standing with feet shoulder width apart and stomach tight, step forward with injured leg. Switch legs when set is complete.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.