



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

HIP

Home Exercises

HEEL SLIDES - LONG SIT WITH TOWEL AND BELT

While in a sitting position, place a small hand towel under your heel. Next, loop a belt, towel or bed sheet around your foot and pull your knee into a bend position as your foot slides towards your buttock. Hold a gentle stretch and then return back to original position.

Can set timer for 2-3 minutes

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



GASTROC & SOLEUS STRETCH

Sitting on the floor or in bed with your involved leg straight out in front of you, drape a towel or belt around your foot. Pull up toward you until you feel a stretch.

Repeat 10 Times Hold 10 Seconds Perform 1 Times a Day



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.

Repeat 10 Times Hold 10 Seconds

Complete 1 Set Perform 1 Times a Day



QUAD SET - TOWEL UNDER KNEE

Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Repeat 10 Times Hold 10 Seconds
Complete 1 Set Perform 1 Times a Day



STRAIGHT LEG RAISE - SLR

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

Repeat 10 Times Hold 1 Second
Complete 3 Sets Perform 1 Times a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times Hold 1 Second
Complete 3 Sets Perform 1 Times a Day



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times Hold 1 Second

Complete 3 Sets Perform 1 Times a Day

