

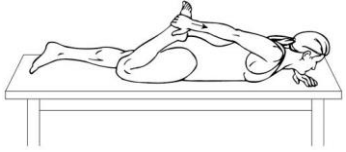



ORTHOPEDIC PHYSICIAN ASSOCIATES

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HIP EXERCISES

Range of Motion- Restoring range of motion is a primary goal of rehabilitation

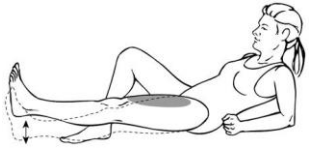

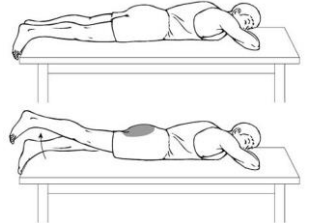
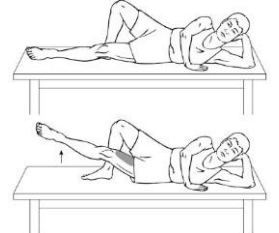
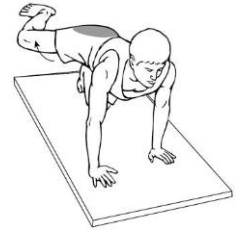
<p>Prone Quad Stretch Lie on your stomach. Pull your heel upward towards glute with arm on of same side. Hold for 20 seconds. Alt: Place a towel roll under the hip bone of the quad to be stretched. This focuses the stretch on the hip flexors.</p>	<p>Hold 20 seconds -Relax- Repeat 3 times</p>	
<p>Hip Rotator Stretch Lie on your back. Pull your knee towards body with arm on that side. Place other hand on ankle and pull across your body towards opposite hip. Hold for 20 seconds.</p>	<p>Hold 20 seconds -Relax- Repeat 3 times</p>	
<p>Lunge Stretch Place one leg out in front of your body. Bend leg in back until the knee is on the ground. Place hands on front knee and push your hips forward. You should feel stretching of your hip flexors (area at the top of your leg by the hip). Switch legs and repeat stretch</p>	<p>Hold 20 seconds -Relax- Repeat 3 times</p>	
<p>IT Band Stretch Cross the unaffected leg over the top of the affected leg. Lean against a wall supporting your weight with your arm. Lightly push your hip towards the wall. You should feel a light stretch over the outside of your hip.</p>	<p>Hold 20 seconds -Relax- Repeat 3 times</p>	

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Strengthening Exercises- Exercises should be performed in 3 sets of 10-15 repetitions.

<p>Quad Set Lay on your back with your legs extended. Contract your non-injured quad, and then contract your injured quad. Both quadriceps muscles should be contracting at the same time.</p> <p>Straight Leg Raises (Isometric) Lie on your back with legs extended. Support your upper body on the elbows. Contract quadriceps muscle as strong as possible. Slowly lift heel 4-6" off the ground. Hold at peak. Alternative foot position: point toes outward 30 degrees.</p>	<p>Hold 10 seconds. -Relax for 2 sec- Repeat 10 times</p> <p>Hold 5-15 seconds -Relax- Repeat 10-15 reps 3 times/day</p>	
<p>Hip Abduction Lie on your side with your arm supporting your neck. Bend leg on floor 45 degrees for support. Lift top leg so heel is 6-8" off the ground and hold. Repeat with other leg.</p>	<p>Hold 5-10 seconds -Relax- Repeat 10-15 times</p>	
<p>Hip Extension Lie on your stomach with your legs extended. Lift one leg 6-10" from ground. Focus on contracting your glute on same side.</p> <p>Alt: Lie on your back. Place a phone book (or two) under your heel. Relax your leg. Sit for 5-10 min. Repeat 3-4 times/day.</p>	<p>Hold 20 seconds -Relax- Repeat 10-15 times</p> <p>Hold 5-10 min Repeat 3-4 x/day</p>	
<p>Hip Adduction Lie on your side with the leg to exercise against the floor. Support your neck with your bottom arm. Bend the top leg to 45°, then place it behind the leg on the floor. Lift the lower leg upwards while keeping your hips and back straight and aligned.</p>	<p>Hold 5-10 seconds -Relax- Repeat 10-15 times</p>	
<p>Abductor Strengthening Kneel on the ground on your hands and knees. Keep back straight as you swing your knee outward and up. You should feel the muscles in your glute contract. Repeat with other leg.</p> <p>Alt: Stand with one leg on the ground and the other knee flexed to 90 degrees. Pulse knee up and down with leg flexed at 90 degrees from your hip.</p>	<p>Hold 5-10 seconds -Relax- Repeat 10-15 times</p>	
<p>Wall Sit Stand against wall with feet 12" away from wall and hip distance apart. Slide your hips downward to about 45°-60°, hold. Be sure to keep knees behind toes and maintain the width in line with the big toe. Make sure the knees do not come towards mid-line.</p>	<p>Hold 20 seconds -Relax- Repeat 3 times</p> <p>Increase time by 10 seconds increments Goal 2 min</p>	