

Hip & Knee Exercises

1. Range of Motion (heel slides)

Bend knee. Use hand or towel behind thigh to pull heel towards bottom. To increase knee bend, put the towel around the shin.

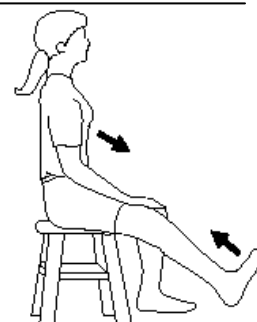


Hold ___ seconds. Repeat ___ times.

2. Hamstring Stretch

Sit on the edge of a firm seat and place heel on floor. Straighten leg as shown, and pull toes towards you. Keep back straight and bend forward from the hips until gentle stretch is felt on the back of the thigh.

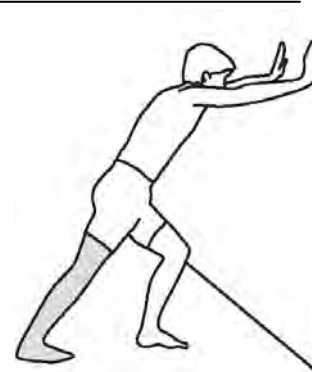
Hold ___ seconds. Repeat ___ times.



3. Calf Stretch

Stand at wall with one leg ahead of the other. Keep back leg straight with heel on floor and toes pointing forward. Lean into the wall until stretch is felt in the calf of back leg.

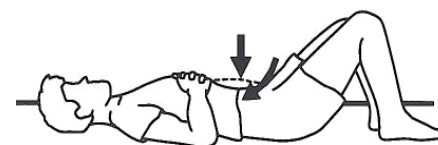
Hold ___ seconds. Repeat ___ times.



4. Core Muscle Strength

Lie in bed or sit with back supported: feet flat, knees bent. Gently pull belly button in towards spine. Tighten muscles that stop the flow of urine.

Hold for ___ seconds while breathing normally.



5. Thigh Squeezes

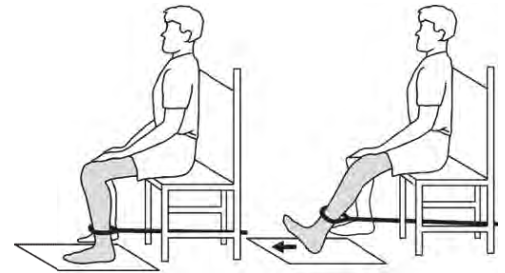
Place large rolled towel under knee. Press back of knee down into rolled towel. Straighten leg.

Hold ___ seconds. Repeat ___ times.



6. Resisted Knee Straightening

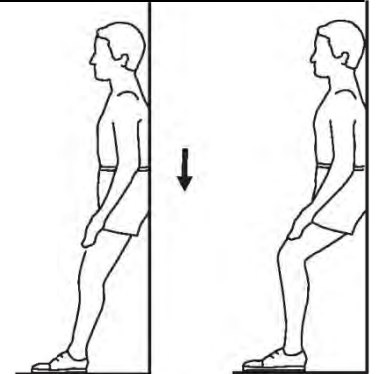
Attach elastic to secure object and to ankle, as shown. Sit forward of chair and place foot on towel. Slide foot forward along the floor to straighten the knee.



Hold ___ seconds. Repeat ___ times.

7. Wall Slides

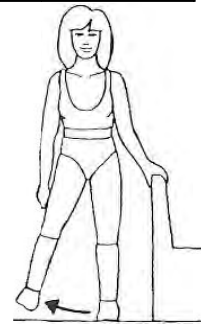
Stand with back against wall. Place feet shoulder-width apart and about 2 feet from the wall. Bend your knees and slowly slide down wall, keeping knees over second toes. Stop when you feel thigh muscle working.



Hold ___ seconds. Repeat ___ times.

8. Standing Hip Abduction

Stand straight holding on to a support. Keep your knee straight. Lift your leg to the side. Do not lean forwards or sideways.



Repeat ___ times.

9. Bridge

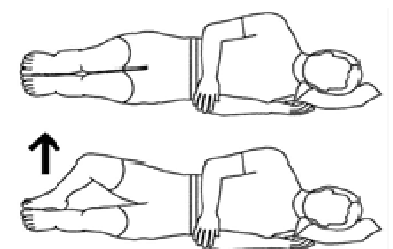
Lie on your back with knees bent. Squeeze lower buttocks and lift hips up, keeping your trunk stable.



Hold ___ seconds. Repeat ___ times.

10. Clamshells

Lie on your side with your hips and knees bent so that your heels are in line with your buttocks. While keeping your heels together, slowly rotate your top knee up towards the ceiling. Keep your trunk stable.



Repeat ___ times.