

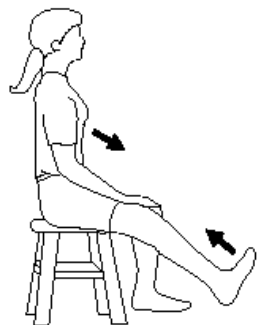
Hip & Knee Exercises



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

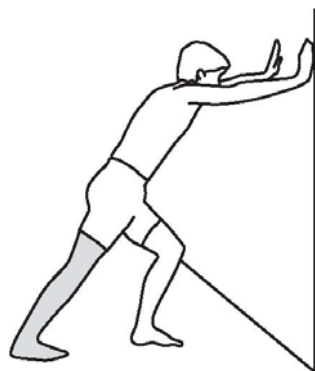
Hold 3-5 seconds. Repeat 5-10 times.



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 20-30 seconds. Repeat 2 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 20-30 seconds. Repeat 2 times.

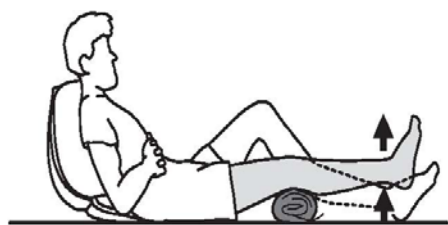


4. Core Muscle Strength

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

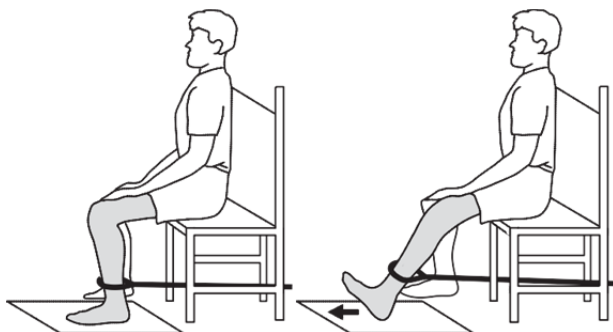
Hold for 10 seconds while breathing normally.



5. Thigh Squeezes

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

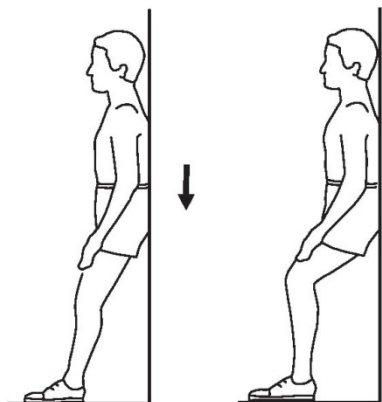
Hold 5 seconds. Repeat 10-15 times.



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

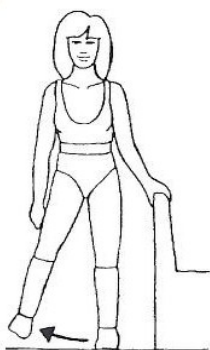
Hold 5 seconds. Repeat 10-15 times.



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 5 -10 seconds. Repeat 10-15 times.

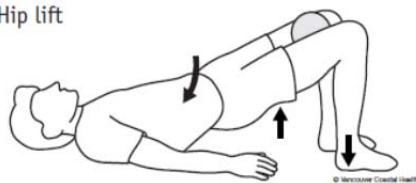


8. Standing Hip Abduction

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

Repeat 10-15 times.

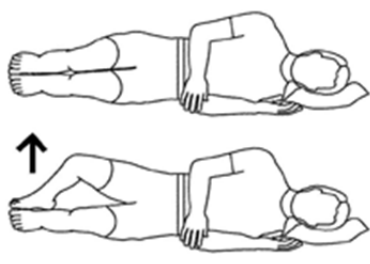
Hip lift



9. Bridge

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

Hold 5 seconds. Repeat 10-15 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 10-15 times.