

HIP

Range of Motion Therapeutic Exercises

Name _____ Date _____

Flexion: Lie on back. Flex hip while keeping knee straight and raise foot toward the ceiling as shown. Hold 5



1

Extension: Lie on back with leg hanging off of the table as shown, at home use couch or bed. Extend hip by bring foot to the floor. Hold 5 seconds. Repeat.



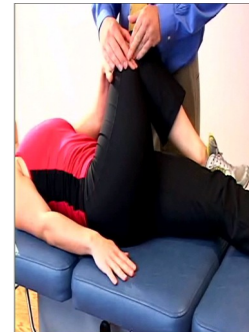
2

Abduction: Lay flat on your back. Place the bottom of your foot on the inside of opposite knee. Bring the outside of your bent knee toward the floor. Repeat.



3

Adduction: Lie on your back. Bend your knee and bring your leg over the opposite leg. Pull your bent leg across your body. Repeat.



4

External Rotation: Lie on back with legs apart. Turn toes and knees outward as shown. Hold 5 seconds, slowly relax. Repeat



5

Internal Rotation: Lie on back with legs apart. Turn toes and knees inward as shown. Hold 5 seconds, slowly relax. Repeat.



6

GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.