

Hip Exercises

Instructions: Perform all 8 exercises **10 times** (or as you can tolerate), **2 to 3 times per day**. For the first 7 exercises, lie on a bed, facing up. For the last exercise, you will be using a chair to sit on.

If any of the exercises add to your pain or shortness of breath, stop and rest. Do less next time. Talk with your doctor or healthcare provider.



Use the **Exercise Diary** on page 4 to keep track of your progress. Place a checkmark beside each exercise that you have completed.

Additional Instructions:

MEDICAL DISCLAIMER: These exercises has been reviewed by the physiotherapy team at Humber River Health and are intended to supplement the individual instruction given to you.

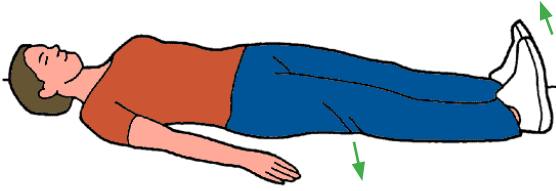
To reduce your risk of injury, always follow the instructions written here as well as the specific instructions from your physiotherapist before you perform the exercise. **Only do the exercises that your physiotherapist has recommended.** Some exercises may not be suitable for you. If you have any questions or concerns, contact your physiotherapist.

Physiotherapist name:

Tel.:



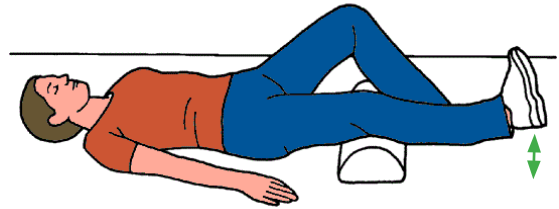
1. Static Knee Extensions (isometric quadriceps)



Pull your foot and toes up as you press your knees down firmly against the bed.
Hold for at least 5 seconds, then relax. Repeat.

Strengthens your front thigh muscles.

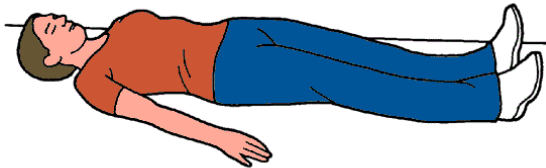
2. Quads-over-Roll



Place a roll under your knees.
Pull your toes up and raise your heel off the bed until your leg is straight.
Hold for at least 5 seconds and slowly lower heel back down. Relax and repeat.

Strengthens your quadriceps or thigh muscles.

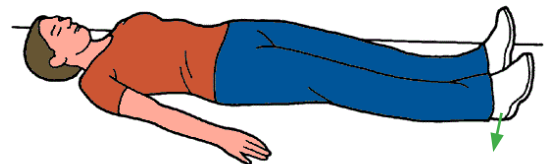
3. Static Gluteals



With both knees straight, squeeze your buttocks together.
Hold for at least 5 seconds, then relax. Repeat.

Strengthens your buttock muscles.

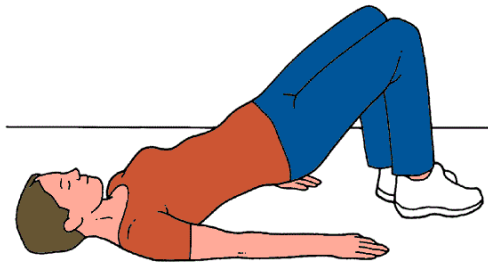
4. Static Hamstrings



Bend your knee slightly.
Push your heel into the bed, and tighten the muscles on the back of your thigh.
Hold for at least 5 seconds, then relax. Repeat.

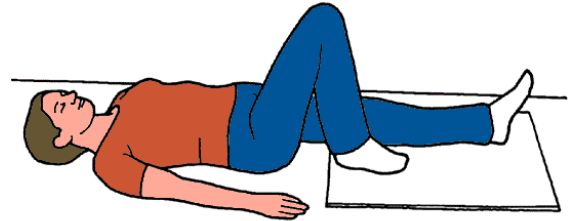
Strengthens muscles in the back of your leg.

5. Bridging



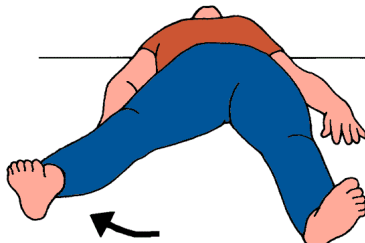
With your knees bent, squeeze your buttocks together and lift your bottom off the bed. Return to starting position and repeat.

6. Hip & Knee Flexion



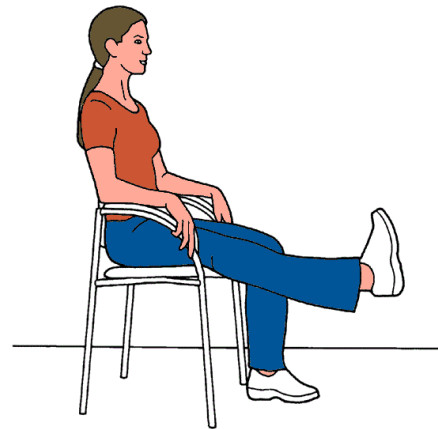
Place an item, like a sliding board, under your foot. Slide your heel up towards your buttocks. Return to starting position and repeat.

7. Hip Abduction



Place an item, like a sliding board, under your foot. Slide your operated leg out to the side. Return to starting position and repeat. Make sure you keep your toes pointing up to the ceiling.

8. Seated Knee Extension



Sit on a chair. Pull your toes up, tighten your thigh muscle, and straighten your knee. Hold for about 5 seconds and then slowly relax your leg.

My Exercise Diary

Instructions: Place a checkmark every time you complete an exercise. You should be doing each of these exercises 2 to 3 times a day.

Exercises	Week of							Week of							Week of						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1. Static Knee Extensions																					
2. Quads-over-Roll																					
3. Static Gluteals																					
4. Static Hamstrings																					
5. Bridging																					
6. Hip & Knee Flexion																					
7. Hip Abduction																					
8. Seated Knee Extension																					