

Physical Therapy Department

Hip Exercises



KAISER PERMANENTE

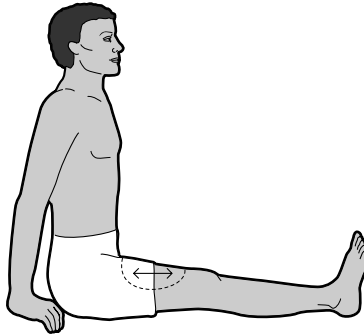
(1) GLUTEAL SETS:

Lying on back, squeeze buttocks together. Hold for 5 seconds.
Repeat for _____ Repetitions _____ times per day

(2) QUADRICEPS SET:

With leg straight, tighten the thigh muscles on top of the leg as tightly as possible and hold. The knee will flatten and kneecap will move slightly upward. Hold 5 seconds, trying every second to pull even tighter. Then relax.

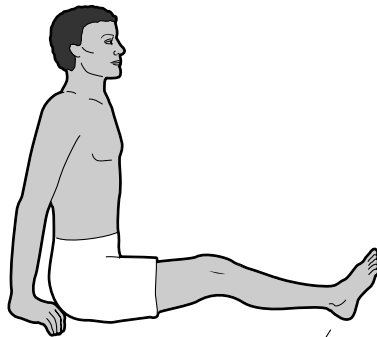
Repeat for _____ Repetitions _____ times per day



(3) ISOMETRIC HAMSTRING EXERCISE:

Tighten the muscles behind the knee, as if you're going to bend the knee. Dig down with your heel, but do not actually bend the knee. Hold for 5 seconds. Then relax.

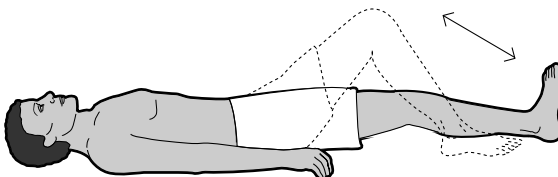
Repeat for _____ Repetitions _____ times per day



(4) ACTIVE HIP & KNEE FLEXION:

Lying on back, bend hip and knee, then straighten.

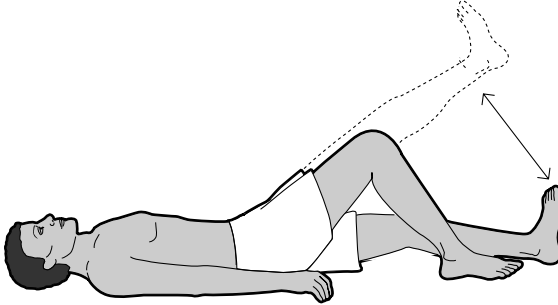
Repeat for _____ Repetitions _____ times per day



(5) STRAIGHT LEG RAISE:

Lying on back with opposite leg bent, straighten knee and lift leg straight up slowly to about 45°. Hold the leg up straight for 5 seconds. Lower leg slowly. Then relax.

Repeat for _____ Repetitions _____ times per day



(6) BRIDGING:

Lie on back with both legs bent, lift up the hips and hold for 5 seconds.

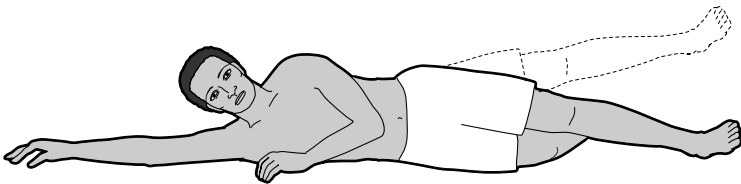
Repeat for _____ Repetitions _____ times per day



(7) HIP ABDUCTION:

Lie on the unaffected side with knee bent. Raise the top leg with the knee straight and hold for 5 seconds.

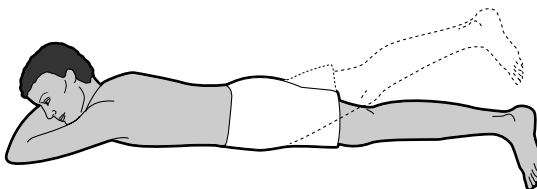
Repeat for _____ Repetitions _____ times per day



(8) HIP EXTENSION:

Lie face down. Raise the leg with the knee straight and hold for 5 seconds.

Repeat for _____ Repetitions _____ times per day



Exercises (5), (7), and (8) can be done with weights attached at the ankle in order to increase resistance gradually for muscle strengthening.

