

# HIP PROGRAM

# PEP PADS

PROGRESSIVE EXERCISE PRESCRIPTION PADS

## INDICATIONS:

The following exercises are to be used to complement your therapy treatment.

Exercise is effective for:

1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

## PRECAUTIONS:

Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

## EXERCISE FREQUENCY:

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## REPETITIONS OF EACH:

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## NOTES:

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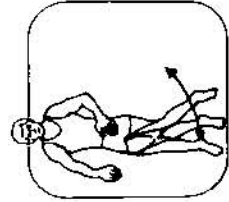
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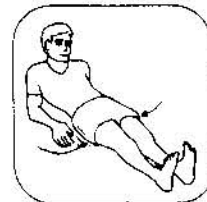
- 2. HAMSTRING SET:** Tighten the muscle on the back of your thighs by pulling your heel back and slightly bending your knee. Hold for count of 5. Repeat.



- 7. HIP EXTERNAL ROTATION:** Begin with your legs straight and your toes pointed toward the ceiling. Now roll your legs out as far as possible. Hold briefly. Return to midline. Repeat.



- 12. HIP ADDUCTION:** Lie on affected side with good leg extended behind. Lift affected leg up toward ceiling. Lower slowly. Relax. Repeat.



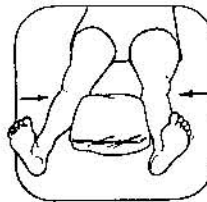
- 3. GLUTEAL SET:** Pinch your buttocks together and hold for a count of five. Repeat.



- 8. HIP FLEXION/EXTENSION:** Lying on your back, slide your heel toward your buttock as far as possible. Hold. Return leg to straight position. Repeat.



- 13. HIP EXTENSION:** Lay on your stomach and lift affected leg as high as possible keeping leg straight and pelvis flat on the floor. Lower slowly. Repeat.



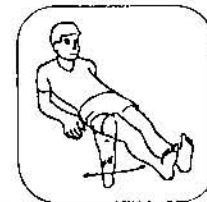
- 4. HIP ADDUCTION:** Place a pillow between your knees. Squeeze your legs together. Hold. Relax. Repeat.



- 9. SHORT ARC QUADS:** Put a pillow or a firm towel roll under knee. Lift foot up until leg is straight. Lower slowly. Repeat.



- 14. FULL ARC QUADS:** Sit upright in a chair or on edge of bed with your feet back as far as is comfortable. Extend leg until knee is straight as possible. Lower slowly. Repeat.



- 5. HIP ABDUCTION:** Begin with your involved leg in a midline position. Tighten the muscle in front of your thigh. Now bring your leg out to the side as far as possible. Return to midline. Repeat.



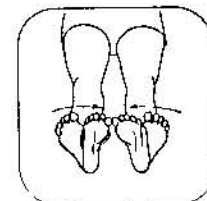
- 10. STRAIGHT LEG RAISE:** Bend opposite leg up and plant your foot. Tighten quadriceps muscle so affected leg is as straight as possible & lift to height of other knee. Hold. Lower slowly. Repeat.



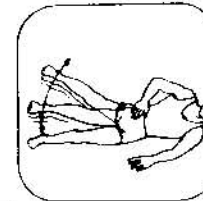
- 15. KNEE FLEXION WITH WEIGHTS:** Position yourself either lying face down or standing up holding onto a table. Secure cuff weight around ankle & bend knee bringing heel towards buttock. Lower slowly. Repeat.



- 1. QUADRICEPTS SET:** Tighten the muscle on the front of thigh by pushing knee down so leg is as straight as possible. Hold for count of 5. Repeat.



- 6. HIP INTERNAL ROTATION:** Begin with your legs straight and your toes pointed toward the ceiling. Now roll your legs in as far as possible. Hold briefly. Return to midline. Repeat.



- 11. HIP ABDUCTION:** Lay on good side. Lift affected leg up 18° and lower slowly. Repeat.