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HIP STRENGTHENING EXERCISES: STAGE-1

Straight Leg Raises

- Lie on back with uninjured leg bent.
- Tighten quad and slowly raise leg as far as is comfortable off the floor.
- Hold for 5 seconds and repeat 10 times.



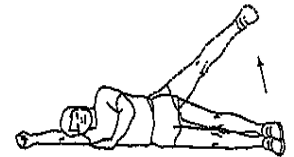
Adduction

- Lying on your injured side, place uninjured leg on top of a small table.
- Slowly raise injured leg towards the table and slowly return it to the floor.
- Repeat 10 times.



Abduction

- Lie on your uninjured side.
- Raise injured leg towards the ceiling as far as is comfortable and slowly lower it.
- Repeat 10 times.



Hip Extension

- Lie face down with a pillow under your hips and both legs straight.
- Keeping your knee straight, slowly lift your leg towards the ceiling and slowly lower it.
- Repeat 10 times.



Hip Flexion

(This exercise is not to be attempted if you have had a total hip replacement)

- Sit in a straight back chair with your feet on the floor and your knees bent.
- Slowly raise your involved leg toward the ceiling, keeping your knee bent and slowly lower it.
- Repeat 10 times.



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- ***The above exercises can be performed with ankle weights as strength improves. Dr. Gardner prefers gradual progression from 1-5 pounds.***
 - ***Perform all above exercises daily. For those that cause pain, discontinue and try again weekly. When/if they no longer hurt, add them to the routine.***