

Ronald D. Gardner, M.D.

*Arthroscopic Reconstructive Surgery
Joint Replacement*

Robert Martinez, M.D.

*Arthroscopic Shoulder Surgery
Joint Replacement*

Brad Castellano, D.P.M.

*Foot & Ankle Trauma
Sports Medicine & Reconstruction*



3033 Winkler Avenue, Ste. 100
Fort Myers, FL 33916

Phone: (239) 277-7070

Fax: (239) 277-7071

GardnerOrthopedics.com

HIP STRENGTHENING EXERCISES: STAGE-2

Extension

- Stand facing the table to which the tubing is attached. Adjust your distance away so the tension is pulling your involved leg slightly in front of you.
- Slowly pull leg directly back until it is behind you. Slowly return to the starting position.
- Repeat 10 times.



Flexion

- Stand with your back to the table to which the tubing is attached. Adjust your distance so the tension of the tubing is pulling your involved leg slightly behind you.
- Pull your leg forward until it is in front of you. Slowly return to the starting position.
- Repeat 10 times.



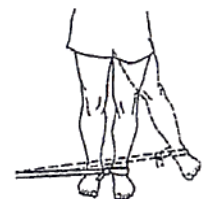
Adduction

- Stand with tubing around the ankle of your involved side; adjust your distance so the tension of the tubing is pulling your leg out to the side.
- Pull your leg in, crossing over the other leg slightly. Slowly return to the starting position.
- Repeat 10 times.



Abduction

- Stand with the tubing around your involved leg. The tension of the tubing should be pulling your involved leg to the inside.
- Pull your leg out to your side as far as you can go. Slowly return to the starting position.
- Repeat 10 times.



-
- ***The rubber tubing can be found at a medical supply store. The elastic band can be found at sporting goods stores.***
 - ***Dr. Gardner would like for you to perform all of the above exercises daily. For those that cause pain, discontinue and try again weekly. When/if they no longer hurt, add them to the routine.***