

Late Phase Total Hip Exercises

Notes:

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Late Phase Total Hip Exercises

Do these exercises _____ times a day. Only do the exercises that your physiotherapist has shown you.

Stretching Exercises

Hip extensor stretch

- Lie on your back. Pull your _____ knee towards your chest as far as you can.
- Hold _____ seconds.
- Repeat _____ times.



Single leg balance

- Try to balance on your _____ leg. Start by using a support, like holding onto your kitchen counter.



Progression:

- Increase the amount of time you are balancing while using support (for example, try to balance for 20 to 30 seconds).
- Try to balance without the use of a support.
- Gradually (bit by bit) increase the amount of time balancing on your _____ leg while **not** using any support.



□ Alternating foot on step

- Stand with a step or stool in front of you. Stand on your _____ leg and put the foot of your _____ leg onto the step. Then slowly take your foot off the step.
- Now stand on your _____ leg and slowly put the foot of your _____ leg on and off the step. Keep your back straight. **Do not** lean sideways. Squeeze your bum muscles.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip flexor stretch

- Lie on your back with your knees bent over the edge of the bed.
- Bend your _____ knee and hold it against your body, keeping your _____ leg flat on the bed. Tighten your stomach (belly) muscles and **do not** arch your back. Let the muscles of your _____ hip relax. You will feel a stretch in front of your _____ hip.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip flexor stretch (standing)

- Stand holding onto a chair or a solid object (like a chair, table, or counter).
- Place the foot of your _____ leg behind your other foot. Keep your back straight and lean forward by putting more weight on your front leg. You will feel the stretch in the front of your _____ leg.
- Hold _____ seconds.
- Repeat _____ times.



- Anchor tubing around your foot and/or ankle as shown and place the other end around your opposite ankle.
- Sitting in a chair, rotate your leg outward and upward against the resistance of the tubing.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip rotation stretch

- Lie on your back with your knees bent and feet together. Spread your knees apart so that you feel a stretch in your hips.
- Hold _____ seconds.
- Repeat _____ times.



□ Wall squats

- Stand with your back against a wall. Your feet should be shoulder width apart, and at least 12 inches (or more) away from the wall.
- Slowly slide down the wall until your knees are bent about 45 to 60 degrees, as shown in the picture. Keep your knees directly over your ankles.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip internal rotation

- Sitting in a chair, move your _____ leg outwards and upwards. Keep your _____ foot off the floor.
- Hold _____ seconds.
- Repeat _____ times.



Progression:

- Place a _____ weight around your ankle.
- Hold _____ seconds.
- Repeat _____ times.



Strengthening Exercises

□ Hip flexor

- Lie on your back with your _____ leg straight and your other knee bent. Keep your _____ leg fully straight by tightening your thigh muscles, then raise the leg 6 inches.
- Hold _____ seconds.
- Repeat _____ times.



Progression:

- Place a _____ weight around your ankle.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip flexor in standing

- Anchor tubing to a solid object and place around your ankle on your _____ leg. Hold onto a chair or solid object in front of you. Pull your _____ leg forward, against the resistance (pull) of the tubing. Keep your back straight.
- Hold _____ seconds.
- Repeat _____ times.



Progression:

- Place a _____ weight around your ankle.
- Hold _____ seconds.
- Repeat _____ times.



□ Clamshell

- Lying on your _____ side, bend your hips and knees. Lift your _____ leg, while keeping your feet together. **Do not** roll your hips forward or back.
- Hold _____ seconds. Repeat _____ times.



Progression:

- Lift your top leg up towards the ceiling and keep your knee bent.
- Hold _____ seconds. Repeat _____ times.



- Anchor tubing to a solid object and place around your ankle on your _____ leg. Sitting in a chair, rotate your operated leg inward and upward against the resistance of the tubing.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip extensor in standing

- Anchor tubing to a solid object and place around your ankle on your _____ leg. Hold onto a chair or solid object in front of you.



- Keep your knee straight and pull your _____ leg backward against the resistance of the tubing. Keep your stomach muscles tight to avoid arching your lower back.
- Hold _____ seconds.
- Repeat _____ times.

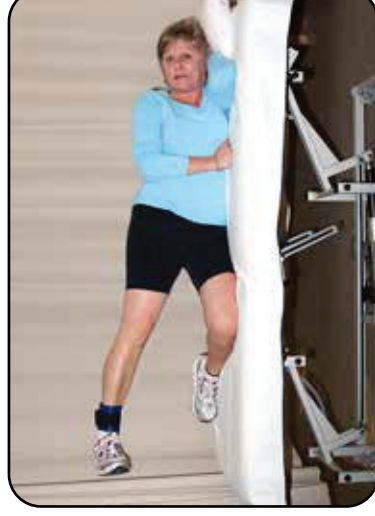
□ Side-lying hip abduction

- Lie on your _____ side. Bend the knee of your _____ leg and straighten the knee of your _____ leg. Lift your straight leg up to the ceiling. **Do not** roll your hips forward or backward.
- Hold _____ seconds.
- Repeat _____ times.



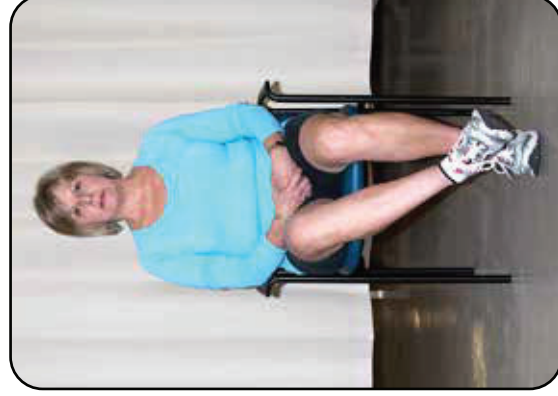
Progression:

- Place a _____ weight around your ankle.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip external rotation

- Sit in a chair and move your _____ leg in front of your other ankle. Keep your _____ foot off the floor.
- Hold _____ seconds.
- Repeat _____ times.



□ Hip abductor in standing

- Anchor tubing to a solid object and place around your ankle on your _____ leg. Hold onto a chair or solid object beside you.
- Pull your _____ leg out to the side with your knee straight, against the resistance of the tubing. Keep your stomach muscles tight to avoid arching your lower back.
- Hold _____ seconds.
- Repeat _____ times.



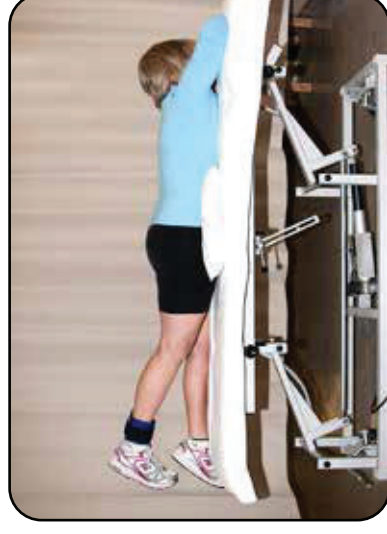
□ Hip extensor

- Lie on your stomach with a pillow under your stomach and hip area. Keep your knee straight and lift your _____ leg off the bed. Tighten your stomach muscles to avoid arching your lower back.
- Hold _____ seconds.
- Repeat _____ times.



Progression:

- Place a _____ weight around your ankle.
- Hold _____ seconds.
- Repeat _____ times.



□ Bridging

- Lie on your back with your knees bent. Squeeze your bum together and lift your bum off of the bed. Return to start position.
- Hold _____ seconds.
- Repeat _____ times.

