DELAWARE ORTHOPAEDIC SPECIALISTS

Leg / Hip Exercises

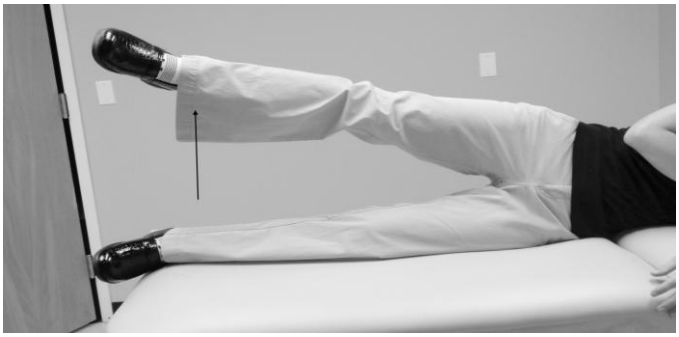
Straight Leg Raises

Lay on your back with good leg bent and injured leg straight. Pull toes back so they point up in the air. Tighten quad muscles by pushing back of knee to table. Keep leg tight and lift to match opposite knee. Slowly lower back to table. Should take a 2 second count to lift and 4 second count to lower. Relax your leg after completing one rep. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Hip Abduction

Lay on your good side with the injured leg up in the air. Make sure that your legs are straight and toes pulled back towards you. Raise your injured leg straight up in the air. Do not rotate your hip or back to get higher (toes should not turn up to sky). Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



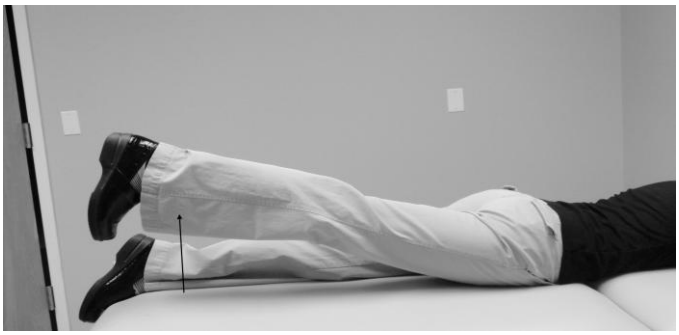
Hip Adduction

Lay on your injured side with the good leg crossed over and foot is flat on the table. For your straight leg – pull toes back towards you. Raise the injured leg up into the air. Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Hip Extension

Lay on your stomach. Raise the hurt leg straight into the air without arching your back. Slowly lower leg back down. Should take a 2 second count to lift and 4 second count to lower. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



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Resisted Hip Flexion

With a tubing/band around your ankle and opposite end around something secure (ie couch leg) bring leg straight forward slowly while keeping leg totally straight and toes should be pulled up towards you. Keep leg straight when returning to start position. Should take a 2 second count forward and 4 second count back. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Resisted Hip Extension

With a tubing/band around your ankle and opposite end around something secure (ie couch leg) bring leg backwards while keeping leg straight. Make sure to face the object tied to and do not arch back or swing hips to perform. Should take a 2 second count backwards and 4 second count to return. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



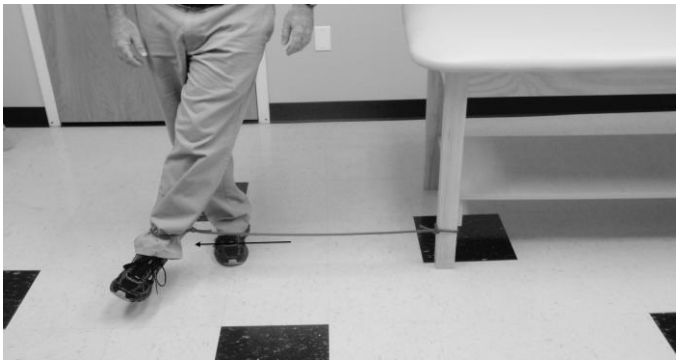
Resisted Hip Abduction

With a tubing/band around your ankle and opposite end around something secure (ie couch leg) stand sideways with the injured leg further away. Bring toes up towards you. Move your bad leg straight out to the side, making sure not to twist the leg. Slowly bring the leg back down. Should take a 2 second count to side and 4 second count to return. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Resisted Hip Adduction

With a tubing/band around your ankle and opposite end around something secure (ie couch leg) stand sideways with the injured leg closest to the object. Bring toes up towards you. Extend the leg/band across the body and slowly return to starting position while keeping leg straight. Should take a 2 second count to side and 4 second count to return. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



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Resisted Terminal knee extension

With the tubing/band around a secure object at knee height, wrap around the knee and face towards the band. Have knee slightly bent to start with some resistance felt behind the knee. Gently pull back till knee is straight. Hold for 5 seconds. Repeat 10 times, rest and repeat again for a total of 2 sets. Perform 2-3 times per day.



Patella (Kneecap) Mobilization

With the leg straight and the thigh relaxed, place finger of each hand on either side of kneecap. Gently apply pressure to move the kneecap side to side then up and down for 2-3 minutes. Prolonged pressure may need to be applied to get the kneecap moving if it is stiff. Perform 4-5 times a day.

