

Hip Scope 1 Week Home Exercise Program

QUAD SET - TOWEL UNDER KNEE



Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day

HAMSTRING SET



Lie down on your back and then bend your knee. Next, press your heel into the ground and hold. Relax and repeat. Video # VVBU7HAHD

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



Glute set

Lie on your back with your legs straight. Tighten your gluteal (rear end) muscles by squeezing together.

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day



Hip Abduction Isometric

While laying down on your back, have legs straight and toes pulled back. Have someone place their hands on affected leg as shown in the picture (you can also do this using a wall for resistance). Press into their hands for a count of 6 seconds. Repeat this 20-30 times.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day



Hip Adduction Isometric

While laying down on your back, have legs straight and toes pulled back. Place a pillow in between your legs. Press affected leg/hip into pillow for 6 seconds, and repeat this 20-30 times.

Repeat 10 Times

Hold 5 Seconds

Complete 1 Set

Perform 2 Times a Day



PROM - HIP ABDUCTION ADDUCTION

Grasp the subject's leg by holding under the thigh and ankle, then gently pull leg outwards and return to original position and repeat. Do not go past 45 degrees Video # VV44PYHGU

Repeat 10 Times

Hold 1 Second

Complete 1 Set

Perform 2 Times a Day



PROM - HIP FLEXION EXTENSION

Grasp the subject's leg by holding under the thigh and ankle, then gently bend the knee and hip upward as shown and then return to original position and repeat. □ Do not bend hip past 90 degrees.
Video # VV9JK7EQK

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Passive Hip External Rotation

With the patient lying on their back, bend the knee and hip to 90 degrees.

Hold their leg with your forearm and place your hand under their calf. With your other hand support the top of the knee.

Rotate at the hip by moving the rest of the leg inward(keeping hip and knee at 90 degrees).

Repeat 10 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



Tummy Time

Lay on your belly for 2 hours per day. This can be broken up into several sessions throughout the day.