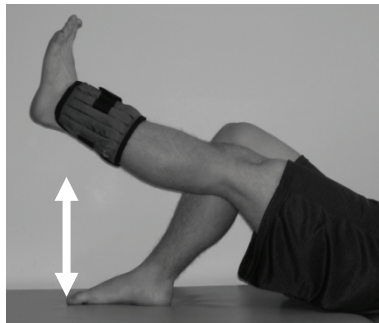


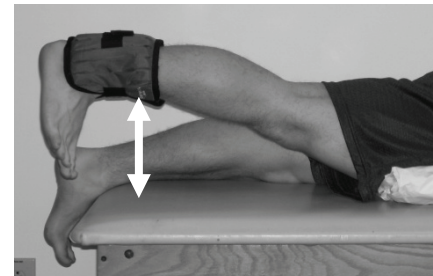
Hip & Thigh Rehabilitation

STRAIGHT LEG RAISE



1. Lie on back with ___ knee straight and the other knee bent as shown
2. Place 1-10 lb weight around your ankle
3. Keep the leg completely straight, then raise it 45 degrees
4. Hold 2-3 seconds and slowly lower
5. 10 repetitions, up to 3 sets, 1-2 X day

STRAIGHT LEG EXTENSION



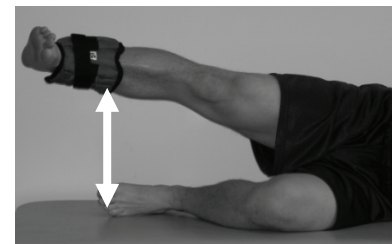
1. Lie as shown
2. Place 1-10 lb cuff weight around ___ ankle
3. Raise leg off table as shown
4. Hold 2-3 seconds, slowly relax
5. 10 repetitions, up to 3 sets, 1 X day

WEIGHTED ADDUCTION



1. Place 1-10lb cuff weight around ___ ankle
2. Lie on side as shown, with ___ leg on bottom
3. Raise leg upward, hold 2-3 seconds, slowly relax
4. 10 repetitions, up to 3 sets, 1 X day

WEIGHTED ABDUCTION



1. Place 1-10lb cuff weight around ___ ankle
2. Lie on side with ___ leg on top
3. Bend lower leg slightly
4. Raise top leg straight up, without letting it come forward
5. Hold 2-3 seconds, slowly lower
6. 10 repetitions, up to 3 sets, 1 X day

RESISTED LEG CURL



1. Sit in chair as shown
2. Slowly curl leg against resistance band
3. Hold 2-3 seconds, slowly lower
4. 10 repetitions, up to 3 sets, 1 X day

WEIGHTED LEG CURL



1. Lie as shown
2. Place 1-10lb weight on ___ ankle
3. Slowly bend knee
4. Hold 2-3 seconds, slowly lower
5. 10 repetitions, up to 3 sets, 1 X day

RESISTED HIP FLEXION



1. Anchor rubber tubing to solid object and ____ ankle
2. Pull leg forward as shown
3. Hold 2-3 seconds, slowly relax
4. 10 repetitions, up to 3 sets, 1 X day

RESISTED HIP EXTENSION



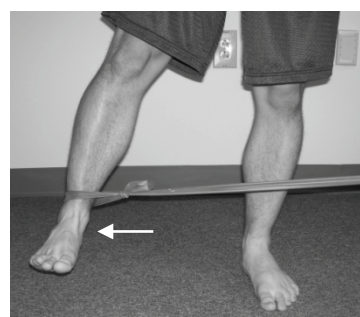
1. Anchor rubber tubing to solid object and ____ ankle
2. Lift leg backward as shown
3. Hold 2-3 seconds, slowly relax
4. 10 repetitions, up to 3 sets, 1 X day

RESISTED ADDUCTION



1. Anchor rubber tubing to solid object and ____ ankle as shown
2. Start with legs shoulder width apart
3. Now cross the affected leg in front of the other leg
4. Hold 2-3 seconds, slowly relax
5. 10 repetitions, up to 3 sets, 1 X day

RESISTED ABDUCTION



1. Anchor rubber tubing to solid object and ____ ankle as shown
2. Raise affected leg out to side, without letting it come forward
3. Hold 2-3 seconds, slowly relax
4. 10 repetitions, up to 3 sets, 1 X day

LATERAL STEP-UP



1. Place enough books on floor to total ____ inches
2. Hold onto solid object for support.
3. Step up onto books with ____ foot. Do not let knee cave in
4. Slowly lower
5. 10 repetitions, up to 3 sets, 1 X day

WALL SLIDES



1. Stand with back against wall, feet shoulder width apart and 18 inches from wall
2. Slowly slide down wall until you are at approx. 45°
3. 10 repetitions, up to 3 sets, 1 X day
4. Progress to single leg only

CRYOTHERAPY

____ MINS ____ X per day

Ice Bag Ice Cup

Moist Heat _____

Staff _____

Phone _____