







# Exercises for Hips

## YOUR PERSONALIZED EXERCISE PROGRAM

(This section is able to be removed so you can post or keep it in a convenient location).

Perform the checked exercises: \_\_\_\_\_ times every day

Other instructions: \_\_\_\_\_  
 \_\_\_\_\_

<p>1</p> 	<p><b>Ankle Pumps</b>  <i>To maintain range of motion and increase circulation.</i></p> <p>The exercise:                      Bend ankles to move feet up and down, alternating feet.</p> <p>Repeat: _____ times</p>	<p>2</p> 	<p><b>Quad Set</b>  <i>To strengthen thigh muscles.</i></p> <p>The exercise:                      Slowly tighten thigh muscles by pushing the knees down into the bed. Hold for a count of five and relax.</p> <p>Repeat: _____ times</p>	<p>3</p> 	<p><b>Gluteal Squeeze</b>  <i>To strengthen buttocks muscles.</i></p> <p>The exercise: Squeeze buttocks muscles as tightly as possible. Hold for a count of five and relax.</p> <p>Repeat: _____ times</p>
<p>4</p> 	<p><b>Heel Slide</b>  <i>To strengthen thigh muscles and increase range of motion at hip.</i></p> <p>The exercise: Gently bring one knee up as far as possible, keeping foot on bed. Return.</p> <p>Repeat: _____ times</p>	<p>5</p> 	<p><b>Abduction</b>  <i>To strengthen thigh muscles.</i></p> <p>The exercise: Put a pillow between thighs. Slide one leg out to the side. Keep kneecap pointing toward ceiling. Gently bring leg back to pillow.</p> <p>Repeat: _____ times</p>	<p>6</p> 	<p><b>Seated Knee Extension</b>  <i>To strengthen thigh muscles.</i></p> <p>The exercise: Sit on chair or bed. Straighten knee as far as you can, then slowly bend knee as far as it will go.</p> <p>Repeat: _____ times</p>