

3 sets of 10 ea - 10 sec. hold

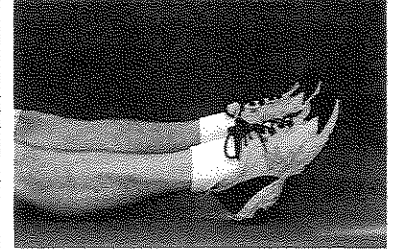
2 times a day

## Basic Hip and Knee Exercises

### 1. Ankle Pumps

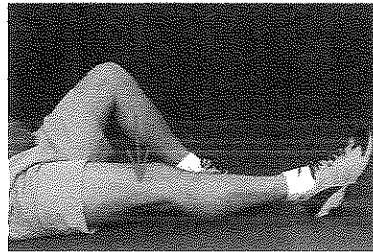
While lying on your back, pull your foot toward your head and then point it down, moving your ankle through as much range of motion as possible.

Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



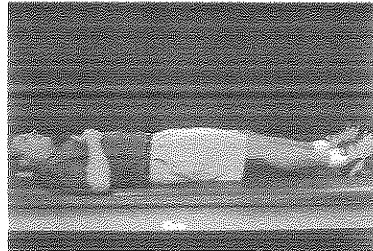
### 2. Quad Sets ("Thigh Squeezes")

With your leg straight out in front of you, tighten the muscles on the front of your thigh by pushing the back of your knee down into the bed. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



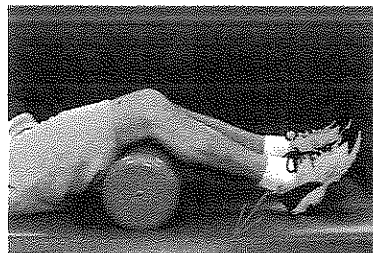
### 3. Gluteal Sets ("Buttock Squeezes")

Tighten your buttock muscles by squeezing them tightly together. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



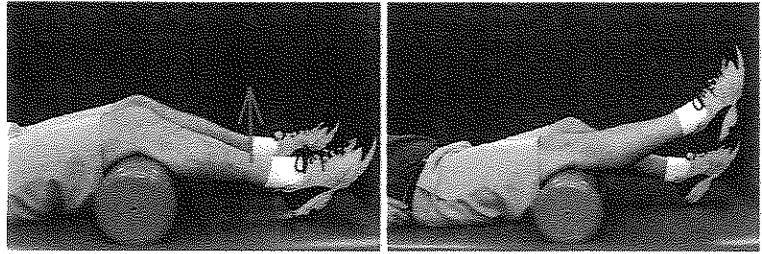
### 4. Hamstring Sets ("Heel Digs")

With your knee bent over a large towel roll or coffee can, dig your heel down into the bed, tightening the muscles on the back of your thigh. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



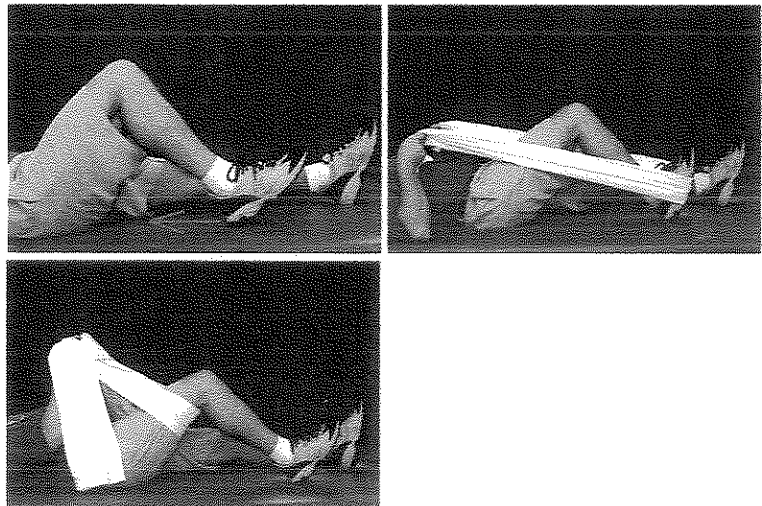
### 5. Short Arc Quads

With your knee bent over a large towel roll or coffee can, lift your foot off the bed by straightening your knee. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



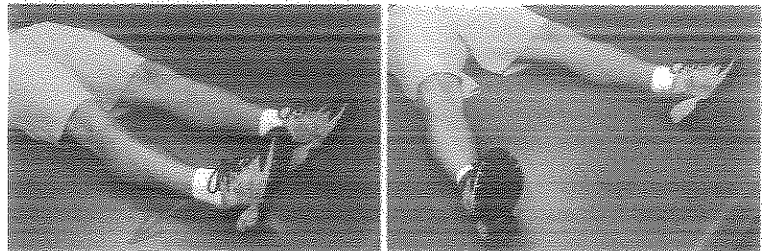
### 6. Heel Slides

While lying on your back, slide your heel up the bed toward your buttocks, trying to bend the knee as much as tolerated. Use a sheet/belt around the ball of your foot or under your thigh to assist you if needed. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



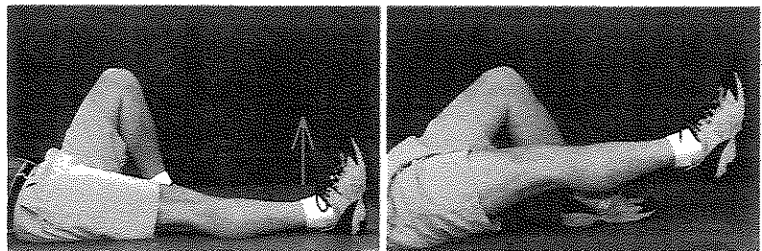
### 7. Abduction ("Snow Angels")

While lying on your back, slide your leg straight out to the side and then back toward the middle of your body. Be sure to keep your leg in contact with the bed. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



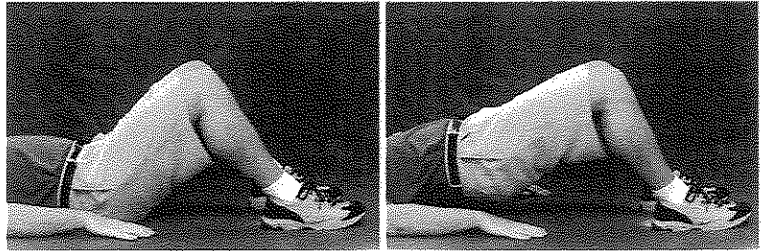
### 8. Straight Leg Raises

Lie on your back with the opposite knee bent to support your back. Tighten your thigh muscles and raise your whole leg off the bed 8-12 inches. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



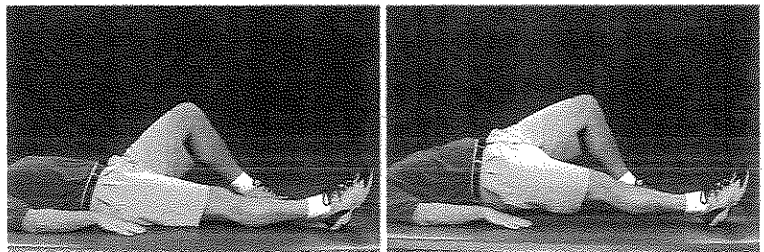
## 9. Bridging (“Buttock Lifts”)

Lie on your back with both knees comfortably bent and feet on the bed. Lift your buttocks up off the bed 3-6 inches. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



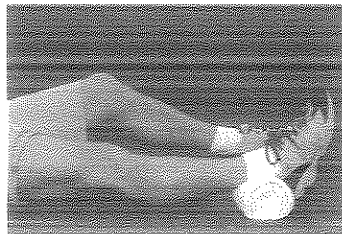
## 10. Single-Leg Bridging

Lie on your back with your \_\_\_\_\_ knee comfortably bent and your \_\_\_\_\_ leg straight out in front of you. Lift your buttocks up off the bed 3-6 inches. Hold the contraction for \_\_\_\_\_ seconds, then release. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



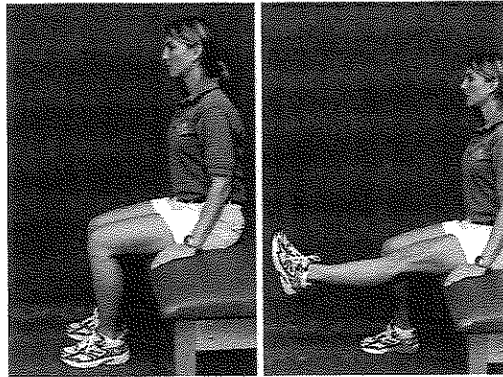
## 11. Passive Extension Stretch (“Towel Under Heel”)

Lie on your back with your leg straight out in front of you. Place a small towel roll under your heel and allow your knee to relax and straighten as much as possible. Make sure your leg does not roll out to the side. Lie in this position for \_\_\_\_\_ minutes. Repeat this \_\_\_\_\_ times per day.



### 12. Seated Knee Extension

While sitting on a firm surface, lift your foot off the floor by straightening your knee as much as possible. Hold the contraction for \_\_\_\_\_ seconds, then lower your leg down slowly. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.



### 13. Seated Knee Flexion Stretch

While sitting towards the front edge of a firm surface, slide your foot back underneath you, bending your knee as much as tolerated. Hold the stretch for \_\_\_\_\_ seconds, then slide your foot forward and relax. Repeat this \_\_\_\_\_ times per set, for \_\_\_\_\_ sets. Complete this \_\_\_\_\_ times per day.

