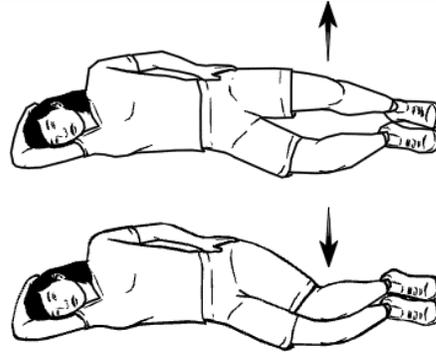


Knee and Hip Rehabilitation Exercises

1. Clams

Lie on your side, keep your heels together and ensure your hip does not rock backwards as you lift the top knee up.

Perform 2 sets of 20 repetitions.



2. Sidelying Leg Lifts

Lay on one side with lower knee bent and top leg straight. Tighten abdominals by pulling navel to spine. Slowly raise top leg. Make sure movement is coming from the hip joint and not by side flexing the spine.

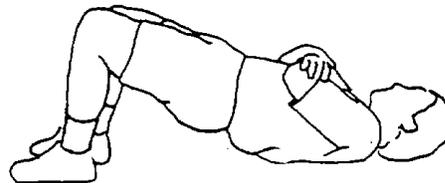
Perform 3 sets of 15 repetitions.



3. Hip Bridge

Lie on your back with your knees bent, feet flat on the floor - hip width apart. Squeeze your gluts to lift your hips up as pictured (see right). Hold position.

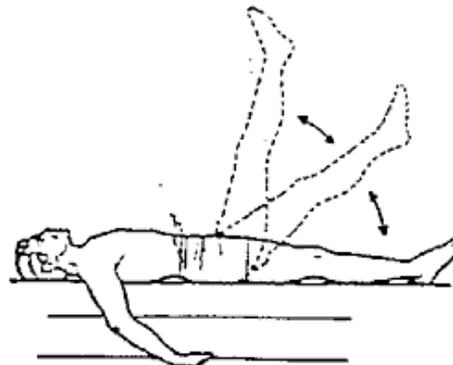
3 sets of 30 seconds. May add lifts or perform single-leg for increased difficulty.



4. Straight leg raise

Lie on your back with your legs out straight, knees unbent. Lift your heel slowly off the table or floor. Raise the leg as high as possible. Slowly lower the leg to the bed, keeping the knee straight. Repeat.

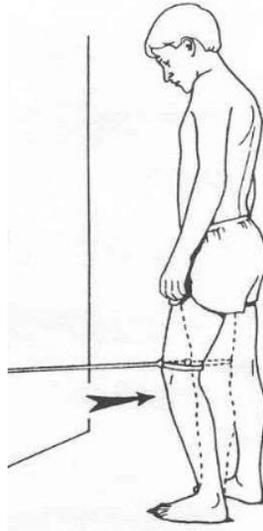
Perform 3 sets of 12 repetitions.



5. Terminal Knee Extensions

Start with knee slightly bent and tubing just above knee, gently pull knee back straight. Do not overextend knee.

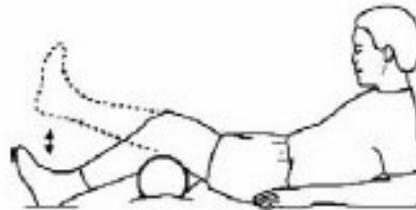
Perform 3 sets of 15 repetitions.



6. Short Arc Quads

Place a rolled towel, pillow, or ball under your knee to bend it about 6 inches. Raise your foot until your knee is straight. Hold for 5 seconds, and then relax. To increase difficulty, add an ankle weight.

Perform 3 sets of 15 repetitions.



7. Standing Hamstring Curl

Stand next to a wall or other support with your hands on it more than shoulder-width apart, and then bend your right knee. Keeping your knees close together, smoothly lift your right heel up toward your bottom. To increase the intensity of the curl, place a resistance band around your right ankle with your knee bent, and hold both ends of it with your right hand during the movement. Repeat with the left leg.

Perform 3 sets of 15 repetitions



8. Quad Stretch

Perform 3 sets of 30 seconds



9. Calf and Achilles Stretches

1. *Calf Stretch*: Stand with your hands against a wall and your injured leg behind your other leg. With your injured leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg.

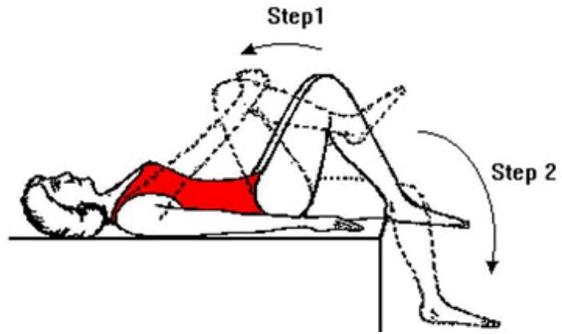
2. *Achilles Stretch*: This time, bend your injured leg slightly.

2 Sets of 30 seconds for each stretch.



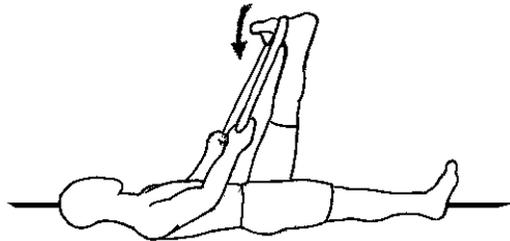
10. Supine Hip Flexor Stretch

Lie on your back on a bed or table so that one leg can hang over the edge. Bend one leg up to your chest and hold. Allow the other leg to bend over the edge of the bed. Hold position for 30 seconds. Repeat 2x more.



11. Hamstring Stretch

Perform 3 sets of 30 seconds.



12. Hip Flexor "Lunge" Stretch

Kneeling on knee (tight or injured side), slowly push pelvis down while slightly arching back until stretch is felt on front of hip. You may place a pillow beneath your knee if you have any discomfort from kneeling on the floor.

Perform 3 sets of 30 seconds.

