

Bryan T. Kelly, MD
Center for Hip Pain and Preservation
Hospital for Special Surgery

HOME EXERCISE PROGRAM STRETCHING AND ROM



Stool rotations – Place involved knee on stool. Rotate leg outward and hold for 10 seconds. Then rotate leg inward and hold for 10 seconds. Keep hips facing forward so rotation comes from the surgical hip. Progress range without any pain and minimal discomfort. Do 1 sets of 10.

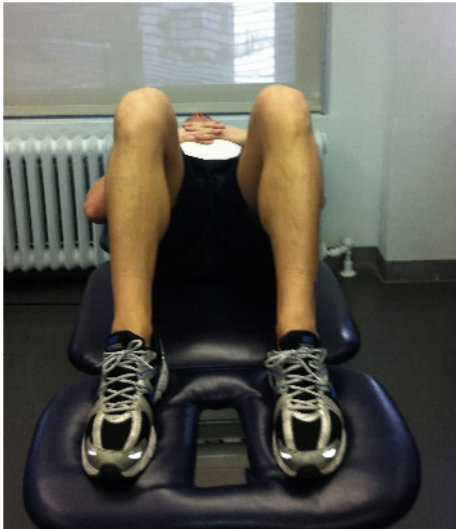


Prone hip rotations: Rotate leg outward and hold for 10 seconds. Then rotate leg inward and hold for 10 seconds. Keep hips facing down so rotation comes from the surgical hip. Progress range without any pain and minimal discomfort. Do 1 sets of 10.

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Quadruped Rocking – Start on hands and knees and bring buttocks toward heels to increase hip motion. Progress leaning forward with chest toward surface. Progress range without any pain and minimal discomfort. Hold end range position for 30 seconds.
Do 1 sets of 5.



Bent Knee Fall Outs: Lie on your back with both knees bent. Perform a pelvic tilt. Drop the involved knee to the side (only as far as you can). Do not let the opposite pelvis lift. Hold for 10 seconds.
Repeat 1 sets of 5.

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Hip Flexor Stretch with Stool:

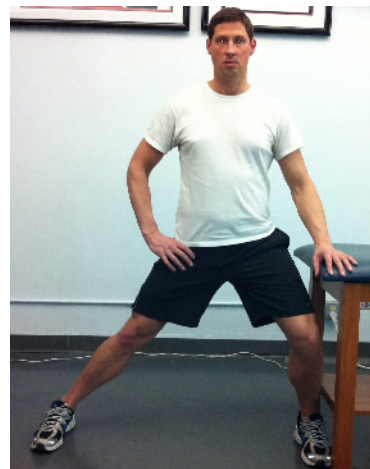
Place involved knee on stool keeping hips parallel to table, then slide stool back until you feel a strong stretch in the front of your hip. Hold for 30 seconds. Do 1 sets of 3.



Hip Adductor Stretch with Stool: Place involved knee on stool keeping hips parallel to table, then slide stool out to side until you feel a strong stretch in the inner thigh (groin). Hold for 30 seconds. Do 1 sets of 3.



Standing Hip Flexor Stretch



Standing Adductor Stretch