



Family Care Plus Physical Therapy and Wellness
G-2037 South Center Road, Suite A
Burton, Michigan 48519

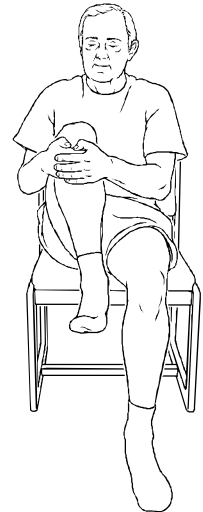
Created By: Sachin Desai, PT
E-Mail: info@familycarepluspt.com
Phone: (810)743-7950

HIP - 1 Knee to Chest

From sitting position, cup both hands below knee and gently pull it toward the chest. Exhale as knee comes up.

Hold position 2-3 seconds.

Repeat using other knee.



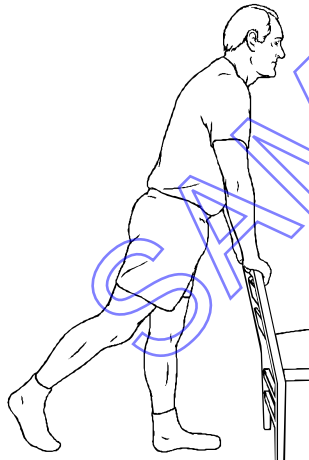
Repeat 10 times.
Do 3-4 sessions per day.

HIP - 8 Hip Backward Kick

Using a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward.

Repeat with other leg.

Repeat 10 times.
Do 3-4 sessions per day.

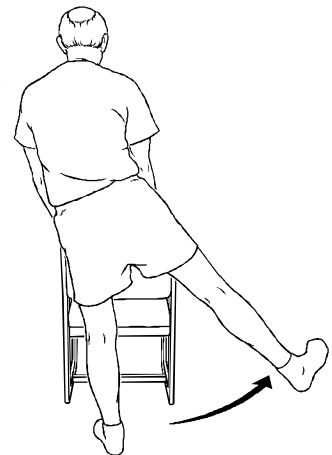


HIP - 9 Hip Side Kick

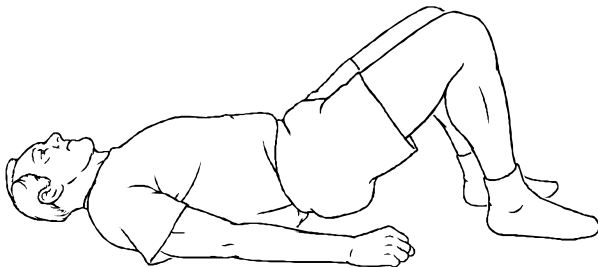
Holding a chair for balance, keep legs shoulder width apart and toes pointed forward. Swing a leg out to side, keeping knee straight. Do not lean.

Repeat using other leg.

Repeat 10 times.
Do 3-4 sessions per day.



HIP - 16 Bridging



Lie on back with feet shoulder width apart. Lift hips toward the ceiling. Hold 1-2 seconds.

Repeat 10 times. Do 3-4 sessions per day.

HIP CARE TIPS

DO:

- follow pain free sleep habits
- sleep on pain free side
- pillow between knees if sleeping on side
- exercise hip daily -- especially for flexibility
- take pain control medication before exercise
- balance your weight when standing
- Do not lean to one side or the other

DON'T:

- continue any activity which causes pain
- Stop and rest
- Continue ONLY if pain subsides
- sit, sleep or stand in any position which increases your discomfort