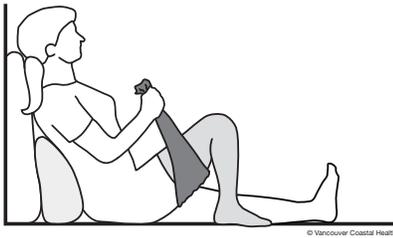


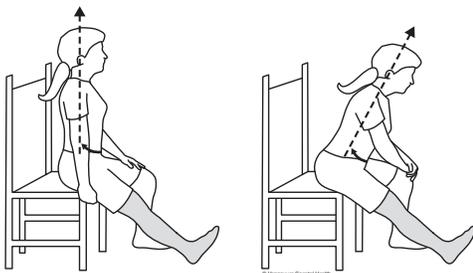
Hip & Knee Exercises



1. Knee Bend (Heel Slides)

- Use towel behind thigh to help bend your knee and slide your heel towards buttocks
- To increase knee bend, put towel around shin

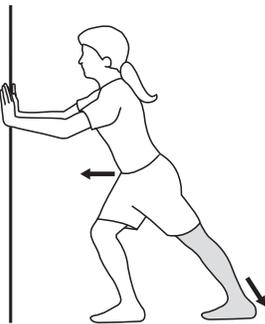
Hold **3–5** seconds. Repeat **5–10** times.



2. Hamstring Stretch

- Sit up tall on edge of firm seat and straighten leg with heel on floor or stool
- Pull lower belly into your spine and bend forward from your hips, until gentle stretch is felt on back of thigh

Hold **20–30** seconds. Repeat **2** times.



3. Calf Stretch

- Stand facing wall with one leg ahead of the other
- Keep back leg straight with heel on floor and toes pointing forward
- Lean into the wall by bending the knee of the front leg until stretch is felt in the calf of back leg

Hold **20–30** seconds. Repeat **2** times.

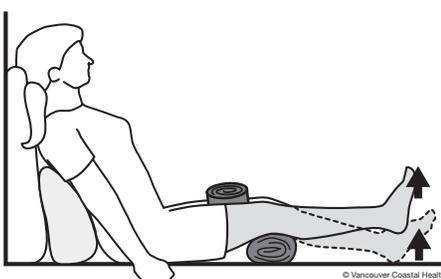


4. Core Muscle Strength

Lie in bed or sit with back supported:

- Feet flat, knees bent
- Gently pull belly button in towards spine
- Tighten muscles that stop the flow of urine

Hold for **10** seconds while breathing normally.



5. Knee Straightening

- Place large rolled towel under both knees and smaller roll or ball between thighs
- Squeeze small roll between thighs and lift one foot to straighten knee

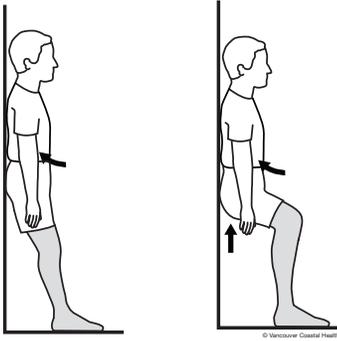
Hold **5** seconds. Repeat **10–15** times.



6. Resisted Knee Straightening

- Attach resistance band to a secure object and to ankle of operated leg in figure of 8 as shown
- Sit tall on chair, squeeze a rolled towel between thighs and straighten knee. Hold 5 seconds.
- Slowly relax knee into bent position

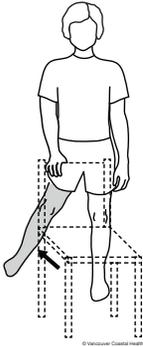
Repeat **10–15** times.



7. Wall Slides

- Stand with back against wall
- Place feet hip-width apart and 1 - 1½ feet from the wall
- Bend hips and knees to slide down wall, as low as you feel comfortable. Keep tailbone against wall, knees over ankles and toes pointing forward
- Use lower buttocks to slide back up the wall

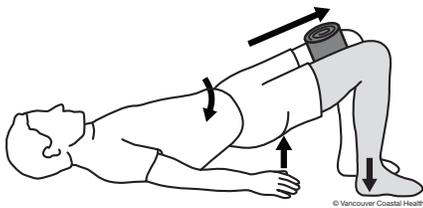
Hold **5–10** seconds. Repeat **10–15** times.



8. Hip Side Lift

- Put hand on chair for support
- Turn on core and lower buttock muscles to keep pelvis level
- Keep knee straight and slowly lift leg, lead with the heel, foot pointing forward

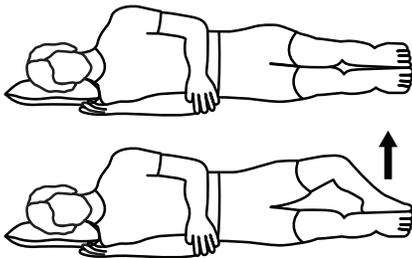
Repeat **10–15** times.



9. Bridging

- Lie on your back, thighs hip-width apart, squeeze large rolled towel firmly between thighs
- Use your lower buttock muscles to lift hips off the bed
- Keep squeezing towel and slowly lower hips down

Hold **5** seconds. Repeat **10–15** times.



10. Clamshells

- Lie on your side with your hips and knees bent so that your heels are in line with your buttocks
- While keeping your heels together, slowly rotate your top knee up towards the ceiling. Keep your trunk stable.

Repeat **10–15** times.



Making better
decisions together
with patients
and families

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