







HOME EXERCISE PROGRAM: HIP & KNEE

Disclaimer: This home exercise program is designed to provide general instruction for activities that can be performed with little to no equipment. This program was created using HEP2go.com and was approved by your provider. If video reference is needed for the exercises below, please visit the HEP2go website and reference the video # listed with your exercise.

 <p>STRAIGHT LEG RAISE - SLR</p> <p>While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.</p> <p>Repeat 10 Times Hold 1 Second Complete 3 Sets Perform 1 Times a Day Video # VVBVU5P69</p>	 <p>QUAD SET - TOWEL UNDER KNEE</p> <p>Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Times a Day</p>
 <p>HIP ABDUCTION - SIDELYING</p> <p>While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.</p> <p>Repeat 10 Times Hold 1 Second Complete 3 Sets Perform 1 Times a Day Video # VV4R4FB65</p> <p>The bottom leg can be bent to stabilize your body.</p>	 <p>HEEL SLIDES - SUPINE</p> <p>Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.</p> <p>Hold a gentle stretch in this position and then return to original position.</p> <p>Repeat 10 Times Hold 1 Second Complete 3 Sets Perform 1 Times a Day Video # VVY7CTXMD</p>
 <p>SEATED MARCHING</p> <p>While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.</p> <p>Repeat 10 Times Hold 1 Second Complete 3 Sets Perform 1 Times a Day Video # VV3HRQ5UJ</p>	 <p>BALL SQUEEZE - SEATED</p> <p>While sitting, place a ball between your knees. Squeeze the ball with your knees and hold. Relax and repeat.</p> <p>Repeat 10 Times Hold 3 Seconds Complete 3 Sets Perform 1 Times a Day Video # VV5XZ3JJD</p>