# Total Hip Exercise Program

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<table>
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<tr>
<th>Exercise</th>
<th>Description</th>
<th>Instructions</th>
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<tr>
<td><strong>Calf Stretch</strong></td>
<td>Improve flexibility in the back of your leg</td>
<td>• Sit with leg straight out in front of you&lt;br&gt;• Gently pull the towel or strap towards you until you feel a stretch in your calf&lt;br&gt;• Hold 20 seconds. Repeat 5 times</td>
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<tr>
<td><strong>Standing Knee Flexion</strong></td>
<td>Improve knee flexibility</td>
<td>• Stand holding on to a chair/table for support.&lt;br&gt;• Bend knee towards buttocks.&lt;br&gt;• 3 sets of 10 repetitions</td>
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<tr>
<td><strong>Standing Hip Abduction</strong></td>
<td>Strengthens outer hip</td>
<td>• Stand holding on to a chair/table for support.&lt;br&gt;• Tighten the muscle on front of the thigh, lifting leg 10 inches&lt;br&gt;• 3 sets of 10 repetitions.</td>
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<tr>
<td><strong>Knee Extension</strong></td>
<td>Strengthen top of thigh muscles</td>
<td>• With the knee bent over a rolled up towel, straighten the knee by tightening the muscle on the top of the thigh (Quadriceps).&lt;br&gt;• 3 sets of 10 repetitions.</td>
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<tr>
<td><strong>Straight Leg Raise</strong></td>
<td>Restore knee extension and strengthen</td>
<td>• Sit / lie with affected leg flat, and other knee bent&lt;br&gt;• Tighten thigh muscles raising leg 6-8 inches&lt;br&gt;• 3 sets of 10 repetitions.</td>
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<tr>
<td><strong>Bridges</strong></td>
<td>Strengthen core, glutes, hamstrings</td>
<td>• Lay with hands at sides, feet flat on floor&lt;br&gt;• Tighten buttocks and raise hips, keeping back straight&lt;br&gt;• 3 sets of 10 repetitions.</td>
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<tr>
<td><strong>Hip Adduction</strong></td>
<td>Strengthen inner thigh muscles</td>
<td>• Put ball/folded pillow between knees, and squeeze knees together&lt;br&gt;• Hold for 10 seconds, repeat 10 times</td>
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