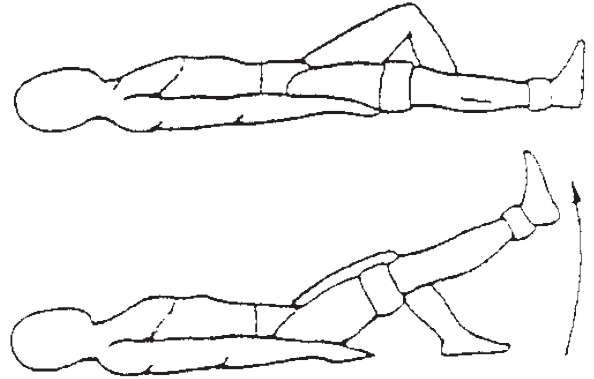


Hip: Straight Leg Raise – Supine 4-Way

Straight leg raise – flexion

1. Lie on your back.
2. Bend uninvolved knee and put foot on floor.
3. Slowly tighten the thigh muscle of the involved leg, performing a quad set.
4. Flex foot of involved leg toward nose.
5. Slowly lift entire leg 12 to 18 inches off floor.
6. Hold three seconds. Retighten the thigh muscle and slowly lower to floor. Relax.
7. Perform ____ sets ____ repetitions ____ times/day.



Extension

1. Lie on stomach with pillow under hips and both legs straight.
2. Keeping knee straight, tighten the muscles in the thigh and buttock, and slowly lift entire leg toward ceiling.
3. Hold three seconds and slowly lower leg. Relax.
4. Perform ____ sets ____ repetitions ____ times/day.



Adduction

1. Lie on involved side, bending opposite leg and placing foot on floor behind involved leg.
2. Straighten involved knee and slowly raise leg toward ceiling.
3. Hold three seconds and return leg to floor. Relax.
4. Perform ____ sets ____ repetitions ____ times/day.



Abduction

1. Lie on your side with involved leg up and bottom leg bent for balance.
2. Straighten involved knee and lift entire leg 12 to 18 inches, making sure hip does not roll forward or backward.
3. Hold three seconds and slowly lower leg back to floor. Relax.
4. Perform ____ sets ____ repetitions ____ times/day.

