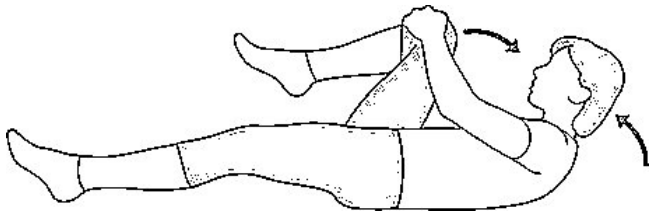
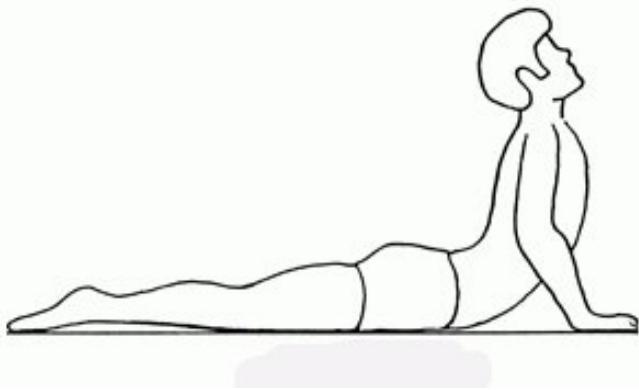


Hip Acute Exercises



Pull the knee of the affected side towards your chest while raising your head. Simultaneously straighten the opposite leg by pushing your heel away from your body.



Lying on your stomach, push up with your arms to feel a stretch in the front of your hips within pain tolerance. If you keep your abdominal muscles tight, you will not aggravate your back.



Sitting with your feet together and knees bent to 90 degrees, gently push down on your knees to stretch your hips within pain tolerance.

Do Not Cause Pain.

HOLD: 5 10 REPS: 5 10 SETS: 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____