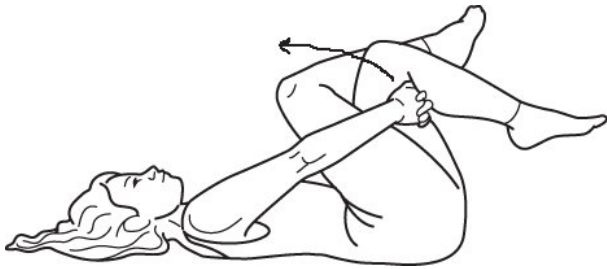


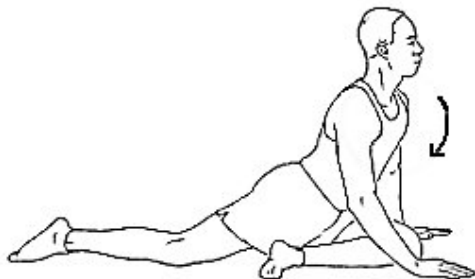
# Hip Sub-Acute Exercises



Cross the affected leg over the other. Now reach through and pull the unaffected leg towards your chest stretching the affected hip.



Standing with legs spread as far as comfortable, bend the unaffected leg and squat toward that leg. Keep the affected leg straight and stretch out the hip.



Sitting with your affected leg bent in a half butterfly, extend your unaffected leg behind you as you lean over the affected hip and knee stretching the hip.

*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. \_\_\_\_\_