Burn Care Exercise Program
Hip Active Range of Motion

Instructions
✓ Do these exercises at least 4 times per day.
✓ Do 8-10 repetitions of each exercise.
✓ Hold each stretch for 20-30 seconds.

Hip Flexion
• Slide your heel towards your buttocks.
• Keep your heel and buttocks on the bed.

Hip Abduction
• Slide your leg out to the side.
• Keep your toes pointed at the ceiling.
• Bring your leg back toward your other leg.

Hip Flexion
• Stand up straight.
• Lift your knee upwards.
• Do not lean forward.
• You should feel the muscle on the front of your hip working.

Hip Abduction
• Stand up straight.
• Lift your leg out towards the side.
• Do not lean to either side.
• You should feel the muscles on the side of your thigh and hip working.
Hip Extension
- Lie on your stomach.
- Lift your affected leg up 8 inches while keeping your knee straight.
- Slowly lower your leg.

Hip Extension
- Stand up straight.
- Lift your leg behind you while keeping your knee straight.
- Do not lean forward while lifting your leg.
- You should feel the muscles on the back of your thigh and your buttocks working.

Hip Rotation
- Sit in a chair with your back straight.
- Swing the ankle of your affected leg to the right.
- Do not lean to the side.
- Relax and then swing your ankle to the left.

Hip Adduction
- Lie on your side with your top leg bent and in front of your lower leg.
- Roll your top hip slightly forward.
- Use your top arm to support you.
- Lift your lower leg up off the floor.
- Keep your toes pointed forward.

What are your questions? Please ask.
Therapist: ____________________________ Phone: ____________________________

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The information in this pamphlet is to be updated every 3 years or as needed.