Burn Care Exercise Program
Hip Active Assisted 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 Flexor Stretch
• Lie on the side of your unaffected hip.
• Put a pillow between your knees.
• Using your hand, or with the help of a belt or towel, hold the foot that is on the same side as your affected hip.
• Pull your heel towards your buttocks and pull your leg back.
• You should feel the stretch on the front of your affected thigh.

What are your questions? Please ask.
Therapist: _________________________ Phone: _________________________
**Hip Flexor Stretch**
- Lie on your back.
- Pull your non-affected knee up towards your chest by placing your hands behind your knee. Let your affected leg hang off the edge of the bed.
- You should feel a stretch in the front of your affected hip.

**Hip Abductor Stretch**
- Place your affected leg behind your other leg.
- Lean and turn away from your affected leg.
- You should feel a stretch on the side of your affected hip.

**Hip Adductor Stretch**
- Lie on your back.
- Bend your knees with your feet flat on the floor. Let your knees lower to the sides.
- The bottoms of your feet should turn towards each other.
- You should feel the stretch on the inside of your legs and groin.

**Glute Stretch**
- Sit on the floor.
- Keep one leg straight and cross the affected leg over it.
- Bring your crossed knee towards your opposite shoulder.