

Burn Care Exercise Program

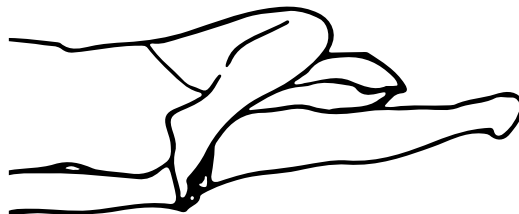
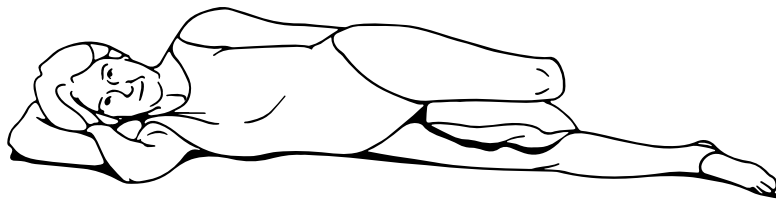
Hip Active Assisted Range of Motion

Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times.
- ✓ Hold each stretch for 20 to 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 (bum) and pull your leg back.
- You should feel the stretch on the front of your affected thigh.

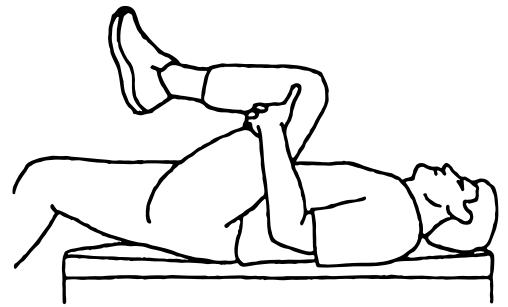


What are your questions? Please ask.

Therapist: _____ Phone: _____

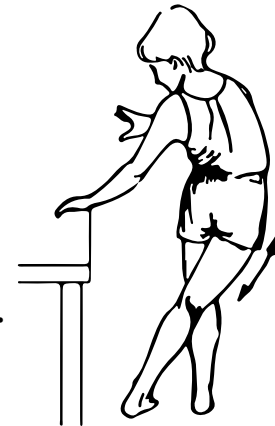
Hip flexor stretch

- 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.



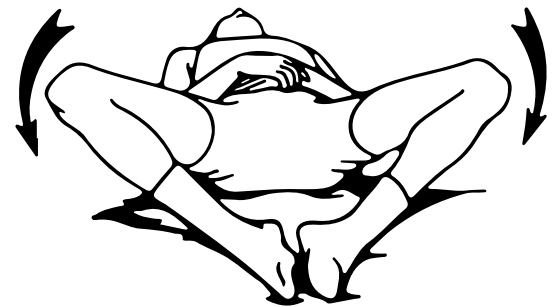
Hip abductor stretch

- 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.



*Prepared by: Rehabilitation Services
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