

Burn Care Exercise Program

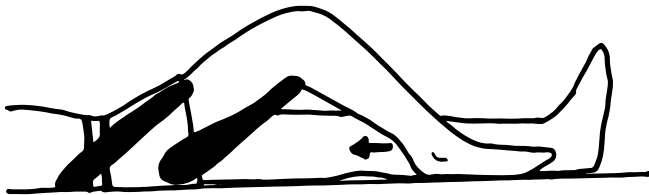
Hip Active Range of Motion

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 flexion

- Slide your heel towards your buttocks (bum).
- Keep your heel and buttocks on the bed.



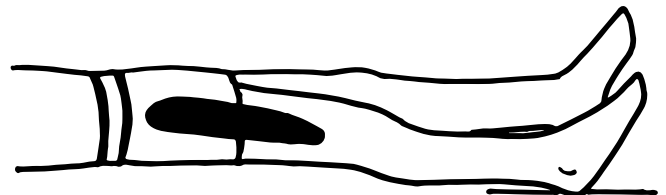
Hip flexion

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



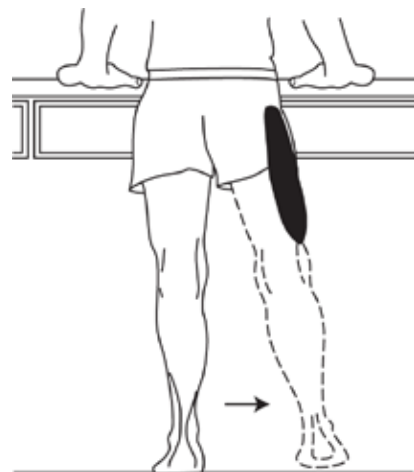
Hip abduction

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



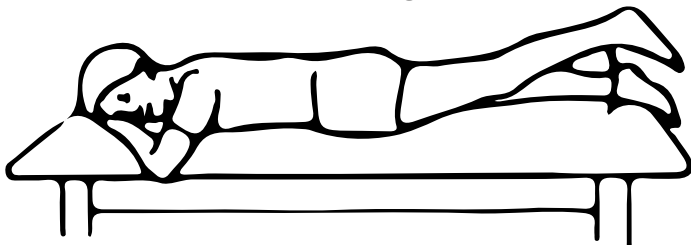
Hip abduction

- 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.



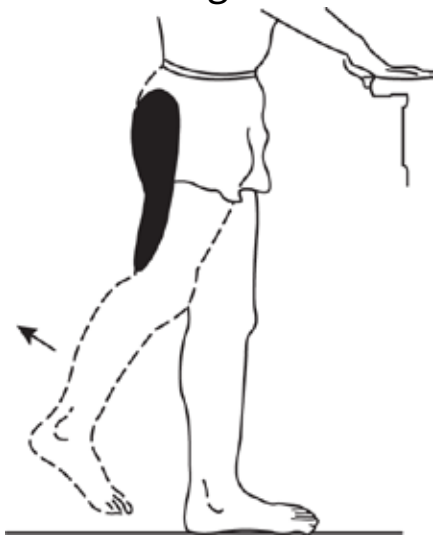
Hip extension

- Lie on your stomach (belly).
- Lift your affected leg up 8 inches while keeping your knee straight.
- Slowly lower your leg.



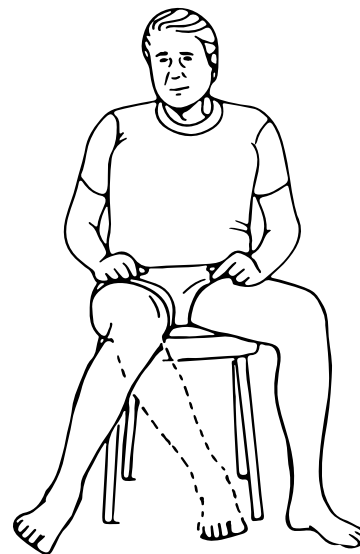
Hip extension

- 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.



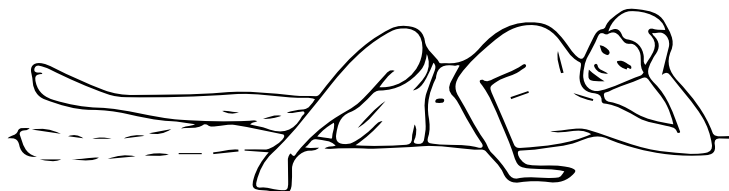
Hip rotation

- 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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