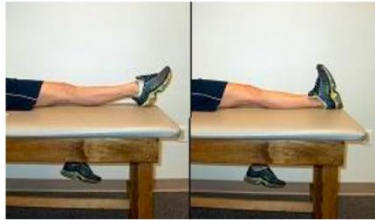


Hip Psoas release protocol



Phase I exercises:



ANKLE PUMPS

While lying down with the knee extended, slowly point the toes as far as possible then pull them back toward you as far as possible.

Repeat 50 Times

Complete 2 Sets

Perform 3 Times a Day

This exercise helps prevent blood clots after surgery.



Passive Hip Internal Rotation

With the patient on their back with legs straight place one hand above the knee and one hand midway down the lower leg.

Keeping the knee straight roll the leg where the toes are pointed away from the body.

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day



Passive Hip External Rotation

With the patient lying on their back, bend the knee and hip to 70 degrees.

Hold their leg with your forearm and place your hand under their calf. With your other hand support the top of the knee.

Rotate at the hip by moving the rest of the leg inward(keeping hip and knee at 70 degrees).

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day

Hip Psoas release protocol



Passive Hip Abduction

With the patient on their back with legs straight hold under the knee and under the heel.

Pull away from the midline of the body, keeping their leg straight until 25 degrees only.

Return the leg back to midline.

Repeat 20 Times

Complete 2 Sets

Perform 2 times a day



Passive Hip Flexion/ Extension

With the patient lying on their back, place one hand under their knee and the other on their heel.

Bend the patient's knee and move their leg towards their chest.

Slowly straighten their leg back down to the bed.

Repeat 20 Times

Complete 2 Sets

Make sure knee remains BENT through the stretch!!!



QUAD SETS - ISOMETRIC QUADS

Sit down and straighten your leg and knee. Tighten your top thigh muscle to press the back of your knee downward. Hold this and then relax and repeat. Video # VVAYA2UL8

Repeat 15 Times

Complete 3 Sets

Hold 2 Seconds

Perform 2 Times a Day

Dr. Josh Everhart

Hip, knee, shoulder, sports medicine

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GLUTE SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day

ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as if someone were to punch you. You want to tighten your muscles, but not to the point where you wouldn't be able to talk normally. Release and repeat.



Repeat 15 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day

Hamstring Set

Being in supine, place a rolled towel under the heel. Press the towel down with keeping the knee relaxed.



Repeat 15 Times
Complete 3 Sets

Hold 2 Seconds
Perform 2 Times a Day

Hamstring bend Set

While laying on your back, bend your knee and slowly press your heel into the mat. You should feel your hamstrings contracting.



Repeat 15 Times
Complete 3 Sets

Hold 3 Seconds
Perform 2 Times a Day

Hip Psoas release protocol



Hip Abduction Isometric

While laying down on your back, have legs straight and toes pulled back. Have someone place their hands on affected leg as shown in the picture (you can also do this using a wall for resistance). Press into their hands for a count of 3 seconds.

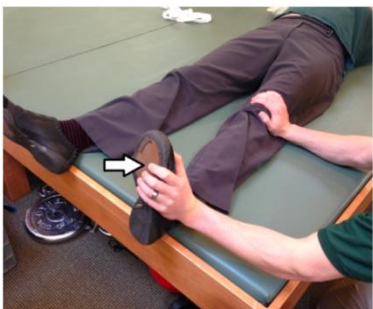
Repeat 15 Times Hold 3 Seconds
Complete 3 Sets Perform 2 Times a Day



Supine Hip Adduction Isometric

1) Lye on your back
2) With a ball or folded pillow placed between your feet, squeeze the ball/pillow for the allotted time noted by the clinician. Hold, and relax.

Repeat 15 Times Hold 2 Seconds
Complete 3 Sets Perform 2 Times a Day



Hip External Rotation Isometric

While laying down on your back, have legs straight and toes pulled back. Lock ankle and knee. Have someone place their hands on affected leg as shown in the picture (you can also use a wall for resistance). Press into their hands for a count of 3 seconds as you try to rotate leg outward.

Repeat 15 Times Hold 3 Seconds
Complete 3 Sets Perform 2 Times a Day



Hip Internal Rotation Isometric

While laying down on your back, have legs straight and toes pulled back. Have someone place their hands on affected leg as shown in the picture (you can also place a pillow in between your legs and use that as resistance). Press into their hands for a count of 3 seconds.

Repeat 15 Times Hold 3 Seconds
Complete 3 Sets Perform 2 Times a Day

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Hip, knee, shoulder, sports medicine
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*** Perform these exercises once you have become comfortable with the isometric exercises. ***