Appendix B. Standard
Patient Education Document

Hip joint pain
- Hip joint pain may be due to one or more of the following:
  o Trauma, such as an accident or a fall
  o Related to participating in sporting activities such as running, soccer, hockey and others.
- Factors that may also contribute to why you have hip joint pain include
  o Bony abnormalities
  o Hip muscle weakness
  o Hip muscle tightness
  o Participation in sports that require twisting, cutting or running

Overall Goals of treatment
- Strengthening of hip musculature
- Stretching muscles of the lower extremities
- Strengthening trunk musculature
- Avoidance of symptom-aggravating activities
- Limit the amount of hip bending during daily activities

Education
- Pain management
  o Ice
  o Rest
- Pain-relieving medications
- Activity/ADL modification by reducing time spent participating in activities that aggravate symptoms
- Cessation of sports or other aggravating factors

Exercises
You will be receiving exercises to improve your strength and flexibility. These exercises may result in muscle soreness, however the exercises should not increase your hip joint pain. If any exercise increases your hip joint pain, try the following:
1. Review exercise handout to be sure you are performing correctly. If you were performing incorrectly, correct performance. If pain is decreased with corrected performance, continue with exercise as instructed.
2. If you are performing correctly, and you are
   a. experiencing pain at the very end of the motion, reduce the range of motion that you are performing. Continue to perform the exercise with the limited motion until you see your physical therapist.
   b. experiencing increased pain after a certain number of repetitions, perform only the number you can perform without increased pain. Continue to perform the exercise at this reduced number of repetitions until you see your physical therapist.
3. If pain is not alleviated with the above corrections, discontinue the aggravating exercise until you see your physical therapist again.
Activity modifications
1. If your pain is related to a fitness or sporting activity, modification of this activity will allow for your injury to heal. You may modify your activity by reducing the frequency, the intensity or the duration of the activity.

RETURN TO FITNESS
It is important to participate in physical activity to maintain or improve your overall health. Because of your injury, you may need to refrain from or limit your activities to allow for healing. Once you and your physical therapist have determined that it is time to return to your fitness routine, your physical therapist will assist you in designing a program to gradually return to your activity. Below is an example of a return to running program. Please discuss with your physical therapist prior to initiating the running program or other physical activity.

Example program to progress running:
Basic instruction for progressing program
- stay at each level for 2 runs minimum
- if pain is experienced during a level, go down to the previous level

_____ Level 1: 15 seconds run/45 seconds walk x 4
_____ Level 2: 30 seconds run/1 minute walk x 4
_____ Level 3: 1 minute run/1-2 minutes walk x 4 building up to 10 (4-10 minutes total of running)
_____ Level 4: 2 minutes running/1 minute walk x 5 building up to 12 (10-24 minutes total of running)
_____ Level 5: 3 minutes running/1 minute walk x 8 (24 minutes running)
_____ Level 6: 4 minutes running/1 minute walk x 6 (24 minutes running)
_____ Level 7: 6 minutes running/1 minute walk x 4 (24 minutes running)
_____ Level 8: 8 minutes running/1 minute walk x 3 (24 minutes running)
_____ Level 9: 12 minutes running/1 minute walk x 2 (24 minutes running)
_____ Level 10: 15-20 minute solid run
_____ Level 11: Build by 1-3 minutes per run until you are at your goal distance
## Standard Approach – Treatment Progression

*For use by treating physical therapists*

<table>
<thead>
<tr>
<th>Target Muscle Strength</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hip Abductors*</td>
<td>Hip Abd(^a) in supine</td>
<td>Hip Abd(^a) in side lying with knee flexed</td>
<td>Hip Abd(^a) in side lying with knee extended</td>
<td>Hip Abd(^a) in side lying with knee ext &amp; resistance</td>
<td>Hip Abd in side lying with knee ext; progress resistance</td>
</tr>
<tr>
<td>2. Hip Extensors*</td>
<td>Bridges</td>
<td>Hip Ext(^b) in prone</td>
<td>Hip Ext(^b) in standing with resistance</td>
<td>Squats</td>
<td>Lunge</td>
</tr>
<tr>
<td>3. Hip Flexors*</td>
<td>Heel slide</td>
<td>Hip Flex(^c) in standing without resistance</td>
<td>Straight leg raise</td>
<td>Hip Flex(^c) in standing with resistance</td>
<td>Hip Flex(^c) in standing progress resistance</td>
</tr>
<tr>
<td>4. Hip Adductors*</td>
<td>Hip Add(^d) isometrics in sitting</td>
<td>Hip Add(^d) in standing without resistance</td>
<td>Hip Add(^d) in side lying</td>
<td>Hip Add(^d) in standing with resistance</td>
<td>Hip Add(^d) in standing; progress resistance</td>
</tr>
<tr>
<td>5. Hip External Rotators*</td>
<td>Hip ER(^f) isometrics in prone</td>
<td>Hip ER(^f) in standing without resistance</td>
<td>Hip ER(^f) in standing with resistance</td>
<td>Hip ER(^f) in standing progress resistance</td>
<td>Hip ER(^f) in standing progress resistance</td>
</tr>
<tr>
<td>6. Hip Internal Rotators*</td>
<td>Hip IR(^e) isometrics</td>
<td>Hip IR(^e) in standing without resistance</td>
<td>Hip IR(^e) in standing with resistance</td>
<td>Hip IR(^e) in standing progress resistance</td>
<td>Hip IR(^e) in standing progress resistance</td>
</tr>
<tr>
<td>7. Trunk**</td>
<td>Plank using table (modified height)</td>
<td>Plank on knee (horizontal)</td>
<td>Plank on toes</td>
<td>Plank on toes with leg lift</td>
<td></td>
</tr>
<tr>
<td>8. Side Trunk**</td>
<td>Side plank on knees</td>
<td>Side plank on one knee</td>
<td>Side plank legs straight</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Target Muscle Flexibility

9. Hamstrings
   - Hold 30 seconds 2-4 reps (can adjust hold and reps, but should accumulate 60 seconds of stretch total), perform 1x/day. Participants must report the sensation of a stretch with each of these exercises.

10. Calves
    - Participant will be provided instruction during the initial 2 visits. Each activity will be assessed during follow up visits, until the participant is independent in the task. To be independent in the task, the participant must demonstrate proper performance. Once the participant is independent in a flexibility task, they no longer need instruction, unless upon patient request.

11. Hip Flexors

12. Piriformis

### Patient Specific†

- Tasks will be identified by the participant during their baseline assessment using the Patient Specific Functional Scale. Activities typically include work-related activities such as standing and sitting or fitness/sport activities. See below for approach to modifying tasks. See example of Return to Running program below. Similar concepts may be used for other tasks.

* The goal of exercises 1-6: To strengthen the targeted muscles. Standard instruction is given to the participant and muscle activation assessed. Muscle activation is assessed through palpation where able, or patient report, where muscle cannot be palpated. If the targeted muscle is not activated, verbal or tactile cues may be provided. Patient is instructed to keep a neutral spine during exercises. Exercises may also be modified if they create pain or discomfort that is not associated with the targeted muscle. Treating physical therapist may use cues that are patient-specific to achieve palpation of targeted muscle.

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\(^a\)Abd = Abduction, \(^b\)Ext = Extension, \(^c\)Flex = Flexion, \(^d\)Add = Adduction, \(^e\)IR = Internal Rotation, \(^f\)ER = External Rotation
To assess for appropriate level and prescription of repetitions at the initial visit (Ex 1-6): The appropriate level of exercise is one in which the participant fatigues between 8-25 reps. At the initial visit, begin with level 2. At each tested level, if participant is able to complete > 25 reps without fatigue and targeting the appropriate muscle, assess the next level. Repeat until the appropriate level is determined. Use the same procedure to determine level of resistance. Unless otherwise stated, exercises should be performed with shoes off.

**Strength Parameters:** Perform 2-3 sets, 8-10 reps 1x/day. Resistance can be provided with theraband, ankle weights or weight equipment. Participant is progressed to the next level of exercise when they can perform 3 sets of 8-10 repetitions independently and with ease.

**Exercises 7-8:** The appropriate level of exercise is one in which the participant can hold for at least 30 second, but unable to hold greater than 60 second. At the initial visit, begin with level 1. At each tested level, if participant is able to hold 1 rep for 60 seconds, assess the next level. Trunk Parameters: Perform 2-3 sets, 30-60 second holds 1x/day.

If patient experiences a production of or an increase in hip joint pain compared to at rest with a specific exercise, modify exercise by

1. Ensuring the patient is performing correctly.
2. Regressing to an exercise of a lower level.
3. Limit the range of motion the patient is performing.
4. If neither of the above modifications result in reduction of hip joint pain experienced, do not assign the exercise. Try the exercise the following week.

**Patient-specific tasks** identified by participant: The goal of this approach is to strengthen and lengthen muscles to allow for improved performance of activities. In addition to performing the exercises, the participant is educated in modifying activities by limiting the amount of hip bending during daily activities and to avoid symptom-aggravating activities. Activity/ADL modification will include reduction in time spent or temporary cessation of participating in activities that aggravate symptoms. As symptoms improve, the task is then progressed by increasing the time participating in the task to reach the participant’s goal. Patient-specific activities can be modified (progressed or regressed) using the general principles of loading, increasing/decreasing intensity, frequency and/or duration of the activity.
Standard Exercises
Patient instruction

Hip Abductors – Level 1
Supine

Hip Abduction in Supine
Purpose: To improve performance of hip abductor muscles.

1. Lay on your back with your legs straight and close together.
2. Contract your buttock muscle to slide your leg out to the side.
3. Return your leg to the starting position.

Perform: ______ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Abductors – Level 2
Side lying knee flexed

Hip Abduction in Side Lying with Knee Flexed
Purpose: To improve the performance of the hip abductor muscles.

1. From side lying, bend both hips and knees, slightly.
2. Slowly lift top knee towards the ceiling while keeping your feet together.
3. Return top knee to starting position.

Perform: ______ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Abductors – Level 3
Side lying knee extended

Hip Abduction in Side Lying with Hip Extended
Purpose: To improve the performance of the hip abductor muscles.

1. Lying on your side, bend the bottom hip and knee, slightly.
2. Straighten your top hip and knee.
3. Keeping leg straight, slowly lift top leg towards ceiling.
4. Return leg to starting position.

Perform: ______ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.
**Hip Abductors – Level 4 and 5**

**Side lying with resistance**

**Hip Abduction in Side Lying with Hip Extended**

Purpose: To improve the performance of the hip abductor muscles.

1. Place theraband (pictured) or ankle weight around the ankle or the thigh.
2. Lying on your side, bend the bottom hip and knee, slightly.
3. Straighten your top hip and knee.
4. Keeping leg straight, slowly lift top leg towards ceiling.
5. Return leg to starting position.

Theraband: yellow red green blue black grey yellow (canary) yellow (gold)

Perform: _____ sets, _____ reps, 1x/day

Goal: 3 sets, 8-10 reps 1x/day

Repeat on the opposite side.

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**Hip Extensors – Level 1**

**Bridges**

Purpose: To improve the performance of the hip extensors.

1. Lay on your back with knees bent.
2. Squeeze buttocks and slowly lift hips off of the table.
3. Return hips to starting position.

Perform: _____ sets, _____ reps, 1x/day

Goal: 3 sets, 8-10 reps 1x/day

Repeat on the opposite side.

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**Hip Extensors – Level 2**

**Prone**

**Hip Extension—Prone with Knee Extended**

Purpose: To improve the performance of the hip extensors.

1. Squeeze the buttocks and slowly raise thigh off the surface as you lift toward the ceiling.
2. Slowly lower leg back down and relax.

Perform: _____ sets, _____ reps, 1x/day

Goal: 3 sets, 8-10 reps 1x/day

Repeat on the opposite side.
**Hip Extensors – Level 3**

**Standing with resistance**

**Purpose:** To improve the performance of the hip extensors.

1. Place theraband as pictured. Theraband should be snug.
2. Keeping the leg straight, pull the ankle back as pictured.
3. Slowly return to start position.

Theraband: yellow  red  green  blue  black  grey  yellow (canary)

**(gold)**

**Perform:** ______ sets, _____ reps, 1x/day

**Goal:** 3 sets, 8-10 reps 1x/day

Repeat on the opposite side.

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**Hip Extensors – Level 4**

**Squats**

**Purpose:** To improve the performance of the hip extensors.

1. Stand with both feet shoulder width apart.
2. Perform a squat. Keep your back straight as you “sit” back.
3. You may place your arms in front of you to maintain balance.
4. Your knees should not go in front of your toes.

**Perform:** ______ sets, _____ reps, 1x/day

**Goal:** 3 sets, 8-10 reps 1x/day

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**Hip Extensors – Level 5**

**Lunges**

**Purpose:** To improve the performance of the hip extensors.

1. Stand with feet shoulder width apart. Step forward into a lunge flexing at your hip.
2. Push back to start position with front leg.
3. Your knee should not go in front of your toes.
4. Perform all reps on one side, then the other. Do not alternate.

**Perform:** ______ sets, _____ reps, 1x/day

**Goal:** 3 sets, 8-10 reps 1x/day

Repeat on the opposite side.
Hip Flexors – Level 1
Heel Slide

**Hip Flexion- Supine Position**
Purpose: To improve the performance of the hip flexors.

1. Lay on your back with both legs straight.
2. Bending your knee, slide one heel up towards your trunk keeping your heel on the table.
3. Return heel back to starting position.

**Perform:** ______ sets, ______ reps, 1x/day
**Goal:** 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Flexors – Level 2
Standing

**Hip Flexion – Standing position**
Purpose: To improve the performance of the hip flexors.

1. Keeping knee straight, pull ankle forward as pictured.
2. No Theraband for this exercise.
3. Slowly return leg to the starting position.

**Perform:** ______ sets, ______ reps, 1x/day
**Goal:** 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Flexors – Level 3
Straight Leg Raise

**Hip Flexion- Supine Position**
Purpose: To improve the performance of the hip flexors.

1. Lay on back with one leg straight and one leg bent.
2. Slowly lift the straight leg towards the ceiling.
3. Slowly return leg to starting position.

**Perform:** ______ sets, ______ reps, 1x/day
**Goal:** 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.
Hip Flexors – Level 4 and 5
Standing with resistance

**Hip Flexion - Standing Position with Resistance**
Purpose: To improve the performance of the hip flexors.

1. Place theraband as pictured. Theraband should be snug.
2. Keeping the knee straight, slowly pull the ankle forward as pictured.
3. Slowly return leg to starting position

Theraband: yellow red green blue black grey yellow (canary) yellow (gold)

Perform: _____ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Adductors – Level 1
Sitting isometrics

**Hip Adduction—Sitting**
Purpose: To improve the performance of the hip adductors.

1. Sit with knees slightly apart.
2. Place hands on the inside of your knees. Other options for resistance may be a ball or pillow.
3. Squeeze the thighs together, but resist the motion with your hands.
4. Keep feet flat on the floor.
5. Hold for 5 seconds, then slowly relax.

Perform: _____ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day

Hip Adductors – Level 2
Standing

**Hip Adduction in Standing, no resistance**
Purpose: To improve the performance of the hip adductor muscles

1. From standing, lift your leg across your body.
2. Return leg to the starting position.

Perform: _____ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.
Hip Adductors – Level 3
Side lying

**Hip Adduction—Side Lying**

Purpose: To improve the performance of the hip adductors.

1. Lie on side with bottom leg straight.
2. Bend the knee of the top leg over the bottom leg.
3. Raise the bottom leg up toward the ceiling.
4. Slowly lower back down.

**Perform:** _____ sets, _____ reps, 1x/day  
**Goal:** 3 sets, 8-10 reps 1x/day  
Repeat on the opposite side.

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Hip Adductors – Level 4 and 5
Standing with resistance

**Hip Adduction in Standing with Resistance**

Purpose: To improve the performance of the hip adductor muscles.

1. Place theraband as pictured. Theraband should be snug.
2. From standing, lift your leg across your body.
3. Return leg to the starting position.

**Theraband:** yellow red green blue black grey yellow (canary) (gold)

**Perform:** _____ sets, _____ reps, 1x/day  
**Goal:** 3 sets, 8-10 reps 1x/day  
Repeat on the opposite side.

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Hip Internal Rotators – Level 1
Isometrics

**Hip Internal Rotation isometrics**

Purpose: To improve the performance of the hip internal rotators.

1. Stand near a doorframe or corner of wall
2. Place the inside of your foot at pictured.
3. Push into the surface with your toes by rotating your hip inward.
4. Hold for 5-10 seconds.
5. Relax and repeat the contraction.

**Perform:** _____ sets, _____ reps, 1x/day  
**Goal:** 3 sets, 8-10 reps 1x/day  
Repeat on the opposite side.
Hip Internal Rotators – Level 2
Standing

Hip Internal Rotation—Standing
Purpose: To improve the performance of the hip internal rotators.

1. Keeping your heel on the ground, rotate your hip by allowing your knee and foot to move inward.
2. Return to the starting position.
3. No resistance band will be used for this exercise.

Perform: ______ sets, ______ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip Internal Rotators – Level 3+
Standing with resistance

Hip Internal Rotation—Standing
Purpose: To improve the performance of the hip internal rotators.

1. Place theraband as pictured. Theraband should be snug.
2. Keeping your heel on the ground, rotate your hip by allowing your knee and foot to move inward.
3. Return to the starting position.

Theraband: yellow red green blue black grey yellow (canary) (gold)

Perform: ______ sets, ______ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip External Rotators – Level 1
Prone isometrics

Isometric hip ER in prone with knees flexed
Purpose: To improve the performance of the hip external rotator muscles.

1. Lay face down with knees apart and bent. Allow the hips to rotate so that your feet touch.
2. From the starting position, push your feet together by tightening your buttocks. Hold position for 5 to 10 seconds.
3. Relax and repeat contraction.

Perform: ______ sets, ______ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Hip External Rotators – Level 2
Standing

Hip ER in Standing
Purpose: To improve the performance of the hip external rotator muscles.

1. Keeping your heel on the ground, rotate your hip by allowing your knee and foot to move outward.
2. Return to the starting position.
3. No resistance band will be used for this exercise.

Perform: _____ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Hip External Rotators – Level 3+
Standing with resistance

Hip ER in Standing
Purpose: To improve the performance of the hip external rotator muscles.

1. Place theraband as pictured. Theraband should be snug.
2. Keeping your heel on the ground, rotate your hip by allowing your knee and foot to move outward.
3. Return to the starting position.

Theraband: yellow red green blue black grey yellow (canary) (gold)

Perform: _____ sets, _____ reps, 1x/day
Goal: 3 sets, 8-10 reps 1x/day
Repeat on the opposite side.

Trunk – Level 1
Plank modified

Plank using table (modified height)
Purpose: To improve trunk stability.

1. Using a stable counter, support your body weight on your forearms as pictured.
2. Tighten your stomach muscles while keeping your neck and back straight.
3. Your trunk should not rotate and the back should remain flat from shoulders to hips. Do not hike hips in the air.

Perform: _____ sets, _____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day
___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.
Trunk – Level 2
Plank knees

Plank – On Knees
Purpose: To improve trunk stability.

1. Lying face down, support your body weight on your forearms and knees.
2. Tighten your stomach muscles while keeping your neck and back straight.
3. Your trunk should not rotate and the back should remain flat from shoulders to hips. Do not hike hips in the air.

Perform: _____ sets, ____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day
___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.

Trunk – Level 3
Plank toes

Plank – On Toes
Purpose: To improve trunk stability.

1. Lying face down, support your body weight on your forearms and toes.
2. Tighten your stomach muscles while keeping your neck and back straight.
3. Your trunk should not rotate and the back should remain flat from shoulders to hips. Do not hike hips in the air.

Perform: _____ sets, ____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day
___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.
___Option: small bolster may be placed under the chest to reduce load on upper extremities.

Trunk – Level 4
Plank leg lift

Plank on Toes with Leg Lift
Purpose: To improve trunk stability

1. Lying face down, support your body weight on your forearms and toes.
2. Tighten your stomach muscles while keeping your neck and back straight.
3. Your trunk should not rotate and the back should remain flat from shoulders to hips. Do not hike hips in the air.
4. Lift one leg back up into the air and hold.
5. Return leg to starting position and repeat with opposite leg.

Perform: _____ sets, ____ second holds 1x/day
Goal: 2 sets, 30-60 second holds 1x/day
___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.
Side Trunk – Level 1
Plank knees

**Side Plank – On Knees**
Purpose: To improve trunk stability.

1. Lie on your side with your knees bent.
2. Support your body weight on your forearm and knees.
3. Tighten your stomach muscles while keeping your neck and back straight.
4. Keep your trunk straight from the shoulders to the knees.

Perform: _____ sets, ____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day

___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.

Side Trunk – Level 2
Plank 1 knee

**Side Plank – On One Knee**
Purposes: To improve trunk stability.

1. Lie on your side with your bottom knee bent
2. The top leg should be straight and lifted from the surface
4. Tighten your stomach muscles while keeping your neck and back straight.
5. Keep your trunk straight from the shoulders to the knees.

Perform: _____ sets, ____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day

___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.

Side Trunk – Level 3
Plank straight knees

**Side Plank – Legs Straight**
Purpose: To improve trunk stability.

1. Lie on your side with both legs straight.
2. Support your body weight on your forearm and feet.
3. Tighten your stomach muscles while keeping your neck and back straight.
4. Keep your trunk straight from the shoulders to the knees.

Perform: _____ sets, ____ second holds 1x/day
Goal: 3 sets, 30-60 second holds 1x/day

___Option: If discomfort in other joints, the hold time may be broken up into smaller increments.
**Flexibility – Hamstring Stretch (Option 1)**

**Doorway Hamstring Stretch**
Purpose: To improve the flexibility of the hamstrings.

1. Lie on your back near a doorway
2. Keeping your knee straight, bring your leg up along the door frame.
3. You should feel the stretch in the back of your thigh.
4. Make sure your lower leg stays flat on the floor.
5. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Hamstring Stretch (Option 2)**

**Standing Hamstring Stretch**
Purpose: To improve the flexibility of the hamstrings.

1. Place the heel of the leg to be stretched on a short step.
2. Keeping your knee straight and back straight, lean forward at the hip.
3. You should feel the stretch in the back of your thigh.
4. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Hamstring Stretch (Option 3)**

**Supine Hamstring Stretch**
Purpose: To improve the flexibility of the hamstrings.

1. Lie on your back
2. Bring the thigh of the leg to be stretched towards your chest and hold with your hands.
3. Keeping your back straight, straighten the knee.
4. You should feel the stretch in the back of your thigh.
5. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day
**Flexibility – Calf Stretch (Option 1)**

**Calf Stretch – Standing**

Purpose: To improve the flexibility of the calf muscles.

1. Standing with feet staggered/ one foot in front of the other and toes pointing forward.
2. Keep the back knee straight and lean forward with hands on the wall, keeping the heel in contact with the ground.
3. Hold for 30 seconds, then slowly shift weight back to normal standing.
4. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps(side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Calf Stretch (Option 2)**

**Calf Stretch – Standing**

Purpose: To improve the flexibility of the calf muscles.

1. Standing on a stable step with toes pointing forward.
2. Keeping the knee straight, allow the heel of the leg to be stretched to hang on the back edge of the step. Hold for 30 seconds.
3. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps(side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Hip Flexors Stretch (Option 1)**

**Hip Flexors Stretch – Kneeling/Standing**

Purpose: To stretch the hip flexor muscles.

1. Get into the kneeling position with one leg in front of the other.
2. Keep back straight, lean weight forward towards front leg.
3. Hold stretch for 30 seconds, then repeat for the other leg.
4. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps(side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day
**Flexibility – Hip Flexors Stretch (Option 2)**

**Hip Flexors Stretch – Kneeling/Standing**
Purpose: To stretch the hip flexor muscles.

1. Get into the standing position.
2. Keeping back straight, bend your knee and pull your foot toward your buttocks as shown in the picture.
3. Hold stretch for 30 seconds, then repeat for the other leg.
4. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Hip Flexors Stretch (Option 3)**

**Hip Flexors Stretch – Prone**
Purpose: To stretch the hip flexor muscles.

1. Lying on your stomach with a strap secured around your ankle.
2. Keeping back straight, pull the strap to bend your knee.
3. Hold stretch for 30 seconds, then repeat for the other leg.
4. Stretch to the point of feeling tightness or slight discomfort.

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day

**Flexibility – Piriformis Stretch (Option 1)**

**Piriformis Stretch**
Purpose: To improve the flexibility of the piriformis.

1. Lying on your back with knees bent.
2. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.
3. Bring your thigh towards your stomach. Feel the stretch in your buttock.
4. Stretch to the point of feeling tightness or slight discomfort

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day
Flexibility – Piriformis Stretch (Option 2)

Piriformis Stretch
Purpose: To improve the flexibility of the piriformis modified for comfort.

5. Lying on your back with the opposite leg straight.
6. Using your hands, bring your thigh towards your stomach. Feel the stretch in your buttock.
7. Stretch to the point of feeling tightness or slight discomfort

Hold 30 secs, 2-4 reps/side (can adjust hold and reps, but should accumulate 60 sec of stretch total), perform 1x/day