
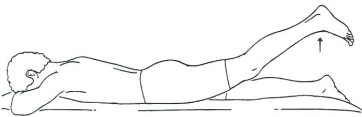

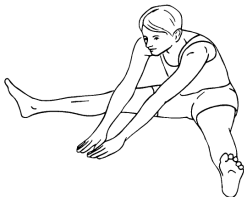
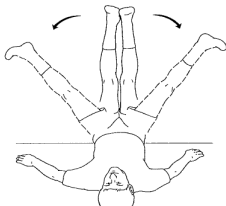
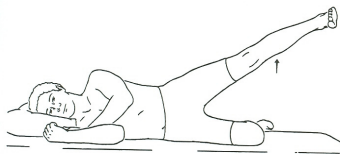
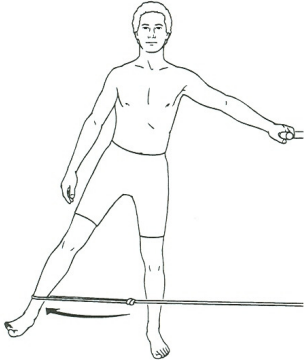
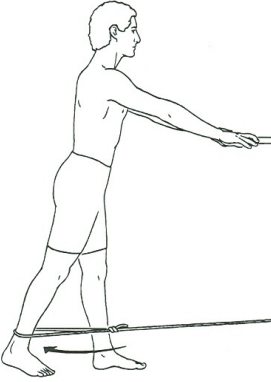
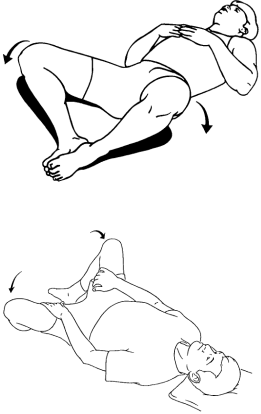
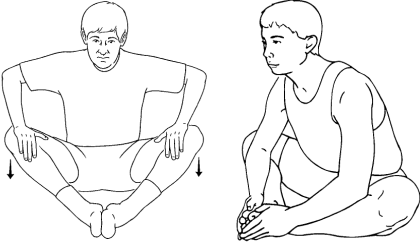
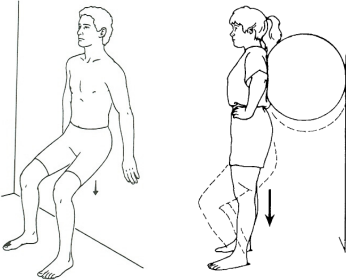



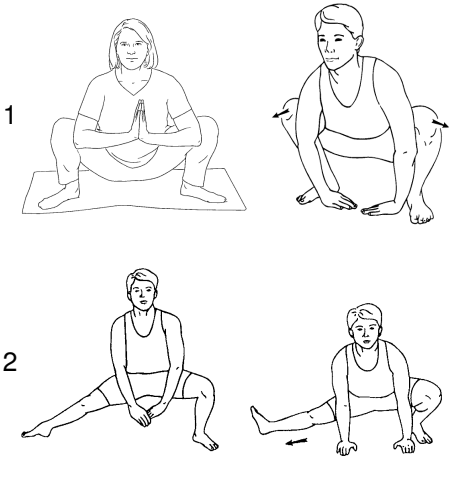

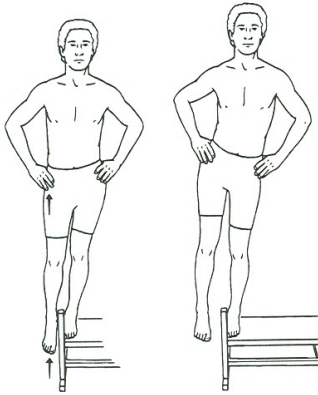
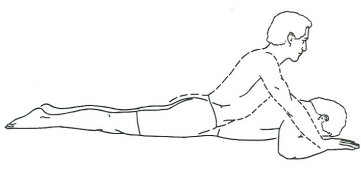
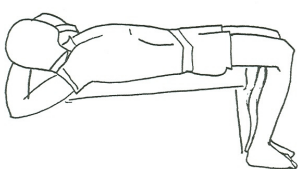
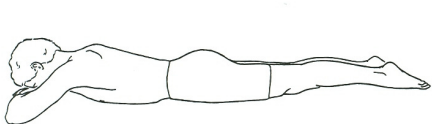
# Exercises after Burn Injury to your Hip

After a burn injury to your hip, your skin will tighten in an attempt to close and heal the wounds as quickly as possible. During this process it is common for skin contractures (tissue shortening) to develop. Your skin may become tight and this is likely to affect your ability to perform daily activities with your hip such as walking, running and squatting.

The exercises provided will help to improve the strength of your hip muscles and also stretch the skin around your hip. This will help prevent skin contractures, reduce skin tightness and restore full movement at your hip. It is recommended that you perform these exercises regularly throughout the day - **Every hour is ideal but a minimum of 4 to 5 sessions throughout the day.**

<input type="checkbox"/> Hip Flexion	<input type="checkbox"/> Hip Extension	<input type="checkbox"/> Hip Abduction
		
<ul style="list-style-type: none"> <li>➤ Lie on back. Bend one hip up as far as you can. Hold for 1 minute.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Lie on stomach. Lift the whole leg off the bed and hold for 5 seconds. Do not arch back or twist hips while doing this exercise.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Lie on back. Move the whole leg out to the side keeping the knee straight. Hold for 5 seconds.</li> <li>➤ Do this on each leg.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>
<input type="checkbox"/> Hip Abduction - Sitting	<input type="checkbox"/> Hip Abduction – On Wall	<input type="checkbox"/> Hip Abduction – Side Lying
		
<ul style="list-style-type: none"> <li>➤ Sit on floor and gradually slide legs apart as far as possible to obtain a stretch in the groin. Now gradually lean forward and hold for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Lie on back with legs resting up the wall. Slide legs apart as far as possible to obtain a stretch in the groin. Hold for 1 minute.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Lie on your side. Lift top leg slowly into the air and hold for 5 seconds. Don't let the lifted leg drift forward it must stay in line with the bottom leg. Do this on each leg.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>

<input type="checkbox"/> Hip Abduction - Standing	<input type="checkbox"/> Hip Extension in Standing	<input type="checkbox"/> Hip Rotations - Lying
		
<ul style="list-style-type: none"> <li>➤ Standing holding onto the back of a chair, move leg straight out towards the side and hold for 5 seconds. You can use a light weight strapped to your ankle or a theraband provided by your physiotherapist to make this exercise harder</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Standing holding onto the back of a chair, move leg straight backwards and hold for 5 seconds. You can use a light weight strapped to your ankle or a theraband provided by your physiotherapist to make this exercise harder.</li> <li>➤ Do this on each leg</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Lie with your knees bent and feet together. Roll knees out and away from each other keeping feet together. Stretch and hold for 1 minute. You can use your hands to help stretch your legs into the correct position.</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>
<input type="checkbox"/> Hip Rotations - Sitting	<input type="checkbox"/> Wall Squats	<input type="checkbox"/> Full Squats
		
<ul style="list-style-type: none"> <li>➤ Sit with your knees bent and feet together. Roll knees out and towards the floor keeping feet together. Stretch and hold for 1 minute</li> </ul> <p><b>Do 10 times holding for 1 minute</b></p>	<ul style="list-style-type: none"> <li>➤ Leaning with your back on wall, slowly lower your buttocks toward the floor until your thighs are parallel to the floor. Hold for as long as you can, then return to starting position.</li> <li>➤ You can use a therapy ball between your back and the wall to help with this exercise.</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>	<ul style="list-style-type: none"> <li>➤ Squat down as low as you can but ensure knees are pointing over your second toe.</li> <li>➤ Try with your heels off the ground then try keeping your heels flat on the ground</li> </ul> <p><b>Do 3 sets of 10 repetitions</b></p>

☐ Wide Squats	☐ Stepping down from step	☐ Lateral Step Ups
		
<p>➤ 1) Start by standing with legs wide apart. Now lower down into a wide squat aiming to keep knees over your second toe. Hold position for 30 seconds to 1 minute. You can use your arms to help push your knees back into position.</p> <p>➤ 2) Whilst in the wide squat position you can lean your weight more onto the right leg and straighten out your left leg and hold for 1 minute. Now lean to the opposite direction.</p> <p><b>Do 10 times holding for 1 minute</b></p>	<p>➤ Start by standing on a step, slowly lower right foot to the ground but concentrating on slowly bending the back knee and keeping your heel down as long as possible while you do this. Also keep your hips steady and controlled during the exercise</p> <p>➤ Do the step downs with both legs</p> <p><b>Do 3 sets of 10 repetitions</b></p>	<p>➤ Step sideways up onto step and then slowly lower foot back to the ground. Try to control hips while doing this exercise</p> <p><b>Do 3 sets of 10 repetitions</b></p>
☐ Hip Extension – Mini Push up	☐ Hip Stretch over edge of bed	☐ Hip Stretch in prone
		
<p>➤ Lie on your stomach, hands under your shoulders. Lift your head and shoulders off the bed by straightening your elbows. You should feel a stretch at the front of your hips. Hold for 10-20 seconds. Lower slowly to the bed</p> <p><b>Do 3 sets of 10 repetitions</b></p>	<p>➤ Lie on your back with no pillows and let your knees bend over the edge of the bed</p> <p><b>Rest in this position – 20 minutes</b></p>	<p>➤ Lie on your stomach with your arms above your head. Rest with your head facing to the right for half the time and then rest with your head facing the left for the remaining time</p> <p><b>Rest in this position – 20 minutes</b></p>

**Keep score of how often you complete these exercises** (Copy this page and use a new sheet every week)

<b>Exercise</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Hip Flexion</b>							
<b>Hip Extension</b>							
<b>Hip Abduction</b>							
<b>Hip Abduction - Sitting</b>							
<b>Hip Abduction – On Wall</b>							
<b>Hip Abduction – Side Lying</b>							
<b>Hip Abduction - Standing</b>							
<b>Hip Extension in Standing</b>							
<b>Hip Rotations - Lying</b>							
<b>Hip Rotations - Sitting</b>							
<b>Wall Squats</b>							
<b>Full Squats</b>							
<b>Wide Squats</b>							
<b>Stepping down from step</b>							
<b>Lateral Step Ups</b>							
<b>Hip Extension – Mini Push Ups</b>							
<b>Hip Stretch over edge of bed</b>							
<b>Hip Stretch in prone</b>							