

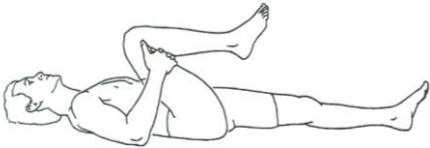

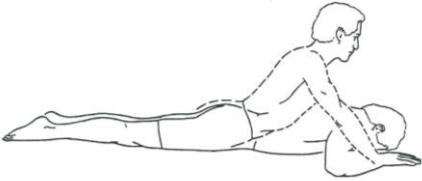
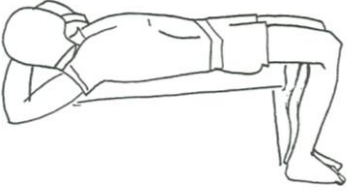
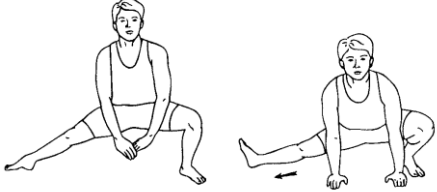

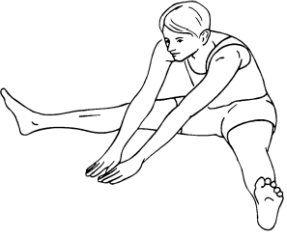
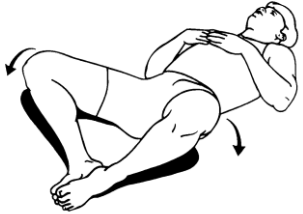
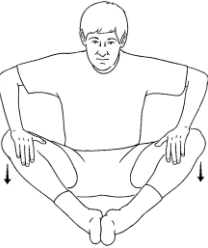
Exercises after Burn Injury to your Hip

A) Stretching Activities

Scan the QR code to watch videos of the exercises

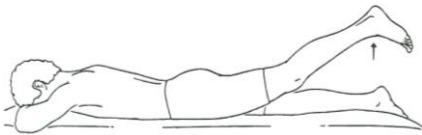
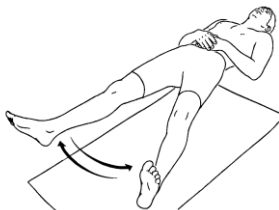
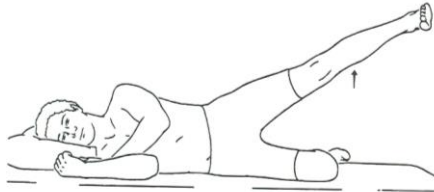
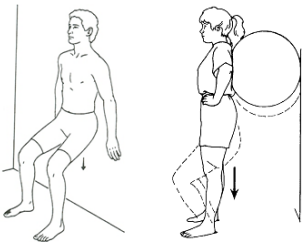


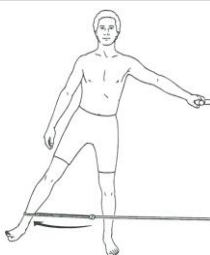

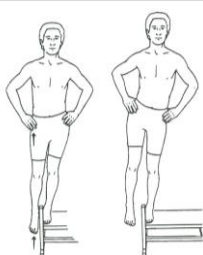


Stretches should be completed **4 to 5 times per day**. **Hold each stretch for 1 minute** at the maximum range of motion for the best effect. Follow your stretches with some exercises from Section B) Strengthening and Endurance Activities.

□ 1. Hip Flexion	□ 2. Hip Extension	□ 3. Mini Push Up
		
<ul style="list-style-type: none"> • Lie on your back and bend one hip up as far as you can • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your stomach on a flat surface • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your stomach and lift your head and shoulders to stretch your hips, by straightening your elbows • Hold for 1 minute
□ 4. Hip Stretch over Bed Edge	□ 5. Side Squat	□ 6. Wide Squat
		
<ul style="list-style-type: none"> • Lie on your back with no pillows and let your knees bend over the edge of the bed • Hold for 1 minute 	<ul style="list-style-type: none"> • Squat down sideways by bending one leg whilst keeping the other one straight • Hold for 1 minute 	<ul style="list-style-type: none"> • Start by standing with your legs wide apart • Squat down aiming to keep knees over your second toe • Hold for 1 minute
□ 7. Hip Abduction	□ 8. Hip Rotation (Supine)	□ 9. Hip Rotation (Sitting)
		
<ul style="list-style-type: none"> • Sit on the floor and gradually slide your legs apart as far as possible • Lean forward to obtain a stretch in the groin • Hold for 1 minute 	<ul style="list-style-type: none"> • Lie on your back with your knees bent and feet together • Roll your knees out to the side keeping your feet together • Hold for 1 minute 	<ul style="list-style-type: none"> • Sit on the floor with your knees bent and feet together • Roll your knees out to the side keeping your feet together • Hold for 1 minute

B) Strengthening & Endurance Activities

Strengthening exercises should be done after completing your stretching exercises from Section A. Unless told otherwise by your physiotherapist, start your strengthening exercises at **3 sets of 10 repetitions initially with 1 minute rests between each set**. To make the exercises harder, increase the number of repetitions first up to 12 and then 15. Once you are able to do 3 sets of 15 comfortably, you can then increase the weights required for each exercises.

<input type="checkbox"/> 1. Hip Extension (Prone)	<input type="checkbox"/> 2. Hip Abduction (Supine)	<input type="checkbox"/> 3. Hip Abduction (Side-lying)
		
<ul style="list-style-type: none"> • Lie on your stomach and slowly lift one leg off the bed • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Lie on your back and move your leg straight out to the side • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Lie on your side and slowly lift your top leg into the air • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> 4. Wall Squats	<input type="checkbox"/> 5. Full Squats	<input type="checkbox"/> 6. Hip Extension (Standing)
		
<ul style="list-style-type: none"> • Leaning with your back against the wall or a therapy ball, squat down until your thighs are parallel to the floor • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Keeping your knees pointing over your second toe, squat down as far as you can • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Standing holding onto the back of a chair, move your leg straight out behind you (use a theraband around leg) • Hold for 5 seconds • Complete 3 sets of 10
<input type="checkbox"/> 7. Hip Abduction (Standing)	<input type="checkbox"/> 8. Stepping Down from a Step	<input type="checkbox"/> 9. Lateral Step Ups
		
<ul style="list-style-type: none"> • Standing holding onto the back of a chair, move your leg straight out towards the side (use a theraband around leg) • Hold for 5 seconds • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Stand on a step and slowly start to lower one foot to the ground concentrating on keeping your heel down as long as possible • Complete 3 sets of 10 	<ul style="list-style-type: none"> • Step sideways up onto a step and then slowly lower your foot back to the ground • Try to control your hips throughout • Complete 3 sets of 10



If you have any questions about your exercise program, please discuss with your physiotherapist at your next appointment or call the **RBWH Physiotherapy department on 3646 4319** to speak with your physiotherapist for more information.

Scan this QR code for more information on our website

