Stretching Exercises for Your Hips and Knees

Do only the exercises checked by your therapist.

Do the exercises _____ times a day with: ☐ Right leg ☐ Left leg ☐ Both legs

Repeat each exercises _____ times.

Hold each position for _____ seconds.

Exercises

☐ Exercise 1

• Sit on the floor and bend your knees to bring your heels together. Your back should be straight.
• With your hands around your toes, pull your feet toward your body until you feel a stretch in your upper legs.
• Hold, then relax and repeat.

☐ Exercise 2

• Sit on the floor with your legs out straight. On one side, rest back against your hand on the floor for support.
• Cross one leg over the other leg, so your foot is near the knee.
• Place your other arm over your bent leg and place your hand on the knee of the straight leg.
• Push the arm against your bent knee until you feel a stretch in your buttocks.
• Hold, then relax and repeat.

☐ Exercise 3

• Sit on the floor with one leg out straight. Bend the other leg and pull your foot up near your groin.
• Reach your hands out along your straight leg until you feel a stretch at the back of your upper leg.
• Hold, then relax and repeat.
Exercise 4
- Lie on your back with your legs out straight.
- Raise your leg up and put your hands around the upper leg for support.
- Slowly straighten the raised knee until you feel a stretch in the back of the upper leg.
- Hold, then relax and repeat.

Exercise 5
- Lie on your back on the floor. Cross your legs.
- Bend your knees and reach your hands around your knees.
- Pull your hands to bring the knee towards your chest until you feel a stretch in your hip or buttocks.
- Hold. Relax and then repeat.

Option: This exercise can also be done with one leg straight.

Exercise 6
- Lie on your back near a doorway or corner. Put your leg up against the wall with the other leg straight on the floor.
- Slide your buttocks toward the wall until you feel a stretch in the back of your upper leg.
- Hold and then slide your buttocks closer to the wall as your leg relaxes.
- Scoot your buttocks back and take your leg down.
- Relax and then repeat.

Exercise 7
- Squat down and use your fingertips for support.
- Straighten your leg out towards the back.
- With your chin up and your back slightly arched, push your hips down until you feel a stretch at the front of your hip.
- Hold, then relax and repeat.
Exercise 8
- Stand near a sturdy chair or stool. Place your foot on the chair or stool.
- Slide your hands down your leg as you lean forward until you feel a stretch in the back of your upper leg.
- Hold. Relax, then repeat.

Exercise 9
- Stand with your hands on your hips. Cross your one leg over, in front of the other leg.
- Lean to the side of the front leg and feel the stretch on the outside of your hip.
- Hold. Relax and then repeat.

Exercise 10
- Stand facing the wall with your feet about 18 inches from the wall. Place your hands on the wall at shoulder height.
- Step your foot back with the leg straight and the heel on the floor. Your other leg will be bent at the knee.
- Keeping your back leg straight, lean into the wall until you feel a stretch in the back of your lower leg.
- Hold. Relax and then repeat.