

### HP6112: TFL Foam Roll Myofascial Release for Patient, FHC

Exercise 1 of 8

**Category** Myofascial Release

**Muscle(s)** tensor fascia latae

**Body Part** Hip

**Purpose** Deep tissue massage to correct muscular imbalances.

Rehab Level Beginner

**Benefit** Improved flexibility, decreased muscle tension, and pain relief.

**Equipment** Foam Roll



## Starting Position

Begin lying face down on floor. Place foam roll underneath hips. Rotate body until foam roll is midway between side and front of hip. Support body with one arm.

## Movement

Gently move foam roll up and down throughout hip area, as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

<b>Sets</b>	1	<b>Time</b>	60sec	<b>Freq</b>	3x/week	<b>Comments</b>
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**Reps** 3      **Rest** 30

**IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.**

**HP6110: Quadricep Foam Roll Myofascial Release for Patient, FHC**

Exercise 2 of 8

<b>Category</b> Myofascial Release	<b>Muscle(s)</b> rectus femoris, Quadriceps, vastus medialis, vastus lateralis, vastus intermedius
<b>Body Part</b> Hip	<b>Purpose</b> Deep tissue massage to correct muscular imbalances.
<b>Rehab Level</b> Beginner	<b>Benefit</b> Improved flexibility, decreased muscle tension, and pain relief.
<b>Equipment</b> Foam Roll	



**Starting Position**

Begin lying face down on a foam roll. Lie with roller above knees and elbows bent. Forearms should be supporting upper body.

**Movement**

Pull body forward with arms, slowly moving foam roller throughout thighs, as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets.

**Instructions/Calendar:** Continue As Needed

**Sets** 1 **Time** 60sec **Freq** 3x/week **Comments**  
**Reps** 3 **Rest** 30

Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed
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**HP1120:** Hip Bridge for Patient, FHC

Exercise 3 of 8

**Category** Exercise  
**Body Part** Hip  
**Rehab Level** Beginner  
**Equipment** No Equipment

**Muscle(s)** gluteus maximus, biceps femoris, semimembranosus , semitendinosus, Glutes, Hamstrings  
**Purpose** Increase hip strength and muscular endurance.  
**Benefit** Improved stability, functional strength and injury prevention.



**Starting Position**

Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.



**Movement**

Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets.

Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.

**Instructions/Calendar:** Continue as Needed

**Sets** 3    **Time** 0    **Freq** 3x/week    **Comments**  
**Reps** 10    **Rest** 30

Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed
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**CR1118:** Modified Side Plank for Patient, FHC

Exercise 4 of 8

**Category** Exercise  
**Body Part** Core  
**Rehab Level** Beginner  
**Equipment** No Equipment

**Muscle(s)** transverse abdominus, multifidus, abdominal, oblique internal/external, quadratus lumborum  
**Purpose** Increase core strength and muscular endurance.  
**Benefit** Improved stability, functional strength and injury prevention.



**Starting Position**

Begin on your side with knees bent. Place support forearm directly under shoulder.

**Movement**

Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.

**Instructions/Calendar:** Continue as Needed

**Sets** 3 **Time** 0 **Freq** 3x/week **Comments**  
**Reps** 10 **Rest** 30

Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed
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**AB2102:** Stability Ball Crunch for Patient, FHC

Exercise 5 of 8

<b>Category</b>	Exercise	<b>Muscle(s)</b>	abdominal, Abdominals
<b>Body Part</b>	Abdominal	<b>Purpose</b>	Increase abdominal strength and muscular endurance.
<b>Rehab Level</b>	Beginner	<b>Benefit</b>	Improved stability, functional strength and injury prevention.
<b>Equipment</b>	Stability Ball		



**Starting Position**

Begin on your back with knees bent. Place stability ball on thighs, arms extended straight and holding ball in place.



**Movement**

Lift shoulders approximately 6 inches off floor as hands roll up ball. Ball will roll slightly up thighs. Lower head and shoulders slowly to starting position. Repeat for prescribed repetitions and sets.

**Instructions/Calendar:** Continue as Needed

<b>Sets</b>	3	<b>Time</b>	0	<b>Freq</b>	3x/week	<b>Comments</b>
<b>Reps</b>	10	<b>Rest</b>	30			

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**HP1209:** Hip Lock Bridge with Ball Trap for Patient, FHC

Exercise 6 of 8

**Category** Exercise  
**Body Part** Hip  
**Rehab Level** Beginner  
**Equipment** No Equipment

**Muscle(s)** Glutes, gluteus maximus, biceps femoris, Hamstrings, semimembranosus , semitendinosus  
**Purpose** Increase hip strength and muscular endurance.  
**Benefit** Improved stability, functional strength and injury prevention.



**Starting Position**

Begin lying on floor facing up. Bend knees so feet are firmly on floor with arms extended to sides. Activate core muscles. Lift one knee up towards chest and trap a tennis ball or other small ball between your leg and your lower abdominal region.

**Movement**

Lift hips off floor to attain a bridge position with knees, hips and shoulders in alignment. Be sure to keep hip locked in place. Pause momentarily then return to start position. Repeat for prescribed repetitions and sets.

**Instructions/Calendar:** Continue as Needed

**Sets** 3    **Time** 0    **Freq** 3x/week    **Comments**  
**Reps** 10    **Rest** 30

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**AB1124:** McGill Curl Up - Progression 1 for Patient, FHC

Exercise 7 of 8

<b>Category</b> Exercise	<b>Muscle(s)</b> abdominal, Abdominals
<b>Body Part</b> Abdominal	<b>Purpose</b> Increase abdominal strength and muscular endurance.
<b>Rehab Level</b> Beginner	<b>Benefit</b> Improved stability, functional strength and injury prevention.
<b>Equipment</b> No Equipment	



**Starting Position**

Begin lying on your back with one knee bent. Place both hands underneath low back with palms down.

**Movement**

Lift shoulders off floor, trying to maintain a neutral spine position without rounding low back. Do not allow head to move forward of shoulders during movement. Elbows can remain in contact with floor during movement. Pause momentarily. Return to start position. Repeat for prescribed repetitions and sets.

**Instructions/Calendar:** Continue As Needed

<b>Sets</b> 3	<b>Time</b> 0	<b>Freq</b> 3x/week	<b>Comments</b>
<b>Reps</b> 10	<b>Rest</b> 30		

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### HP3125: Side Step with Resistance - bent knee for Patient, FHC

Exercise 8 of 8

<b>Category</b>	Exercise
<b>Body Part</b>	Hip
<b>Rehab Level</b>	Intermediate
<b>Equipment</b>	TheraBand

**Muscle(s)** gluteus medius/minimus, Glutes  
**Purpose** Increase strength and muscular endurance.  
**Benefit** Improved stability, functional strength and injury prevention.



## Starting Position

Begin standing with resistance band looped around ankles. Both knees bent.

## Movement

Maintaining bend in knees, step out sideways, keeping toes pointed forward. With the lagging leg, side step slowly towards the leading leg, placing foot down at hip width distance away. Repeat for prescribed distance or repetitions before switching direction.

**Instructions/Calendar:** Continue as Needed

<b>Sets</b>	3	<b>Time</b>	0	<b>Freq</b>	3x/week	<b>Comments</b>
<b>Reps</b>	10	<b>Rest</b>	30			

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