

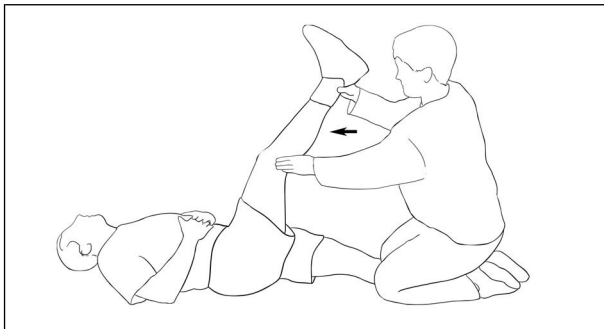
Exercise Program for: \_\_\_\_\_

Prepared by: Seasons Family Medicine  
37 South 2nd East  
Rexburg ID, 83440  
(208) 356-9231

## HOME EXERCISE PROGRAM FOR STRAINS OF THE THIGH

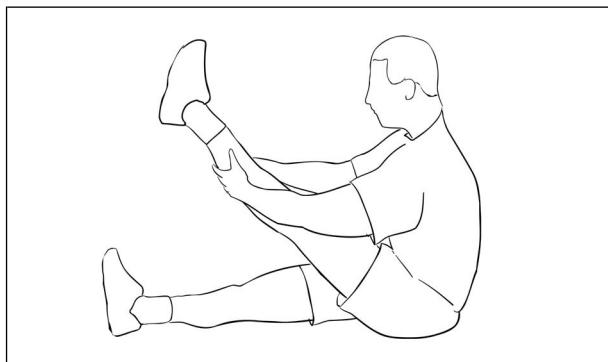
Perform the exercises in the order listed. Apply dry or moist heat to the thigh for 5 to 10 minutes before exercising to prepare the tissues, and apply a bag of crushed ice or frozen peas for 20 minutes after exercising to prevent inflammation. If the exercises increase pain or the pain does not go away after adhering to the program for 3 to 4 weeks, call your doctor.

| Exercise Type   | Muscle Group   | Number of Repetitions/Sets      | Number of Days per Week | Number of Weeks |
|---|----------------|---------------------------------|-------------------------|-----------------|
| 2-person hamstring stretch <i>or</i> 1-person hamstring stretch | Hamstrings     | 4 repetitions/2 to 3 sets       | Daily                   | 3 to 4          |
| Hip abduction   | Gluteus medius | 8 to 12 repetitions/2 to 3 sets | 3                       | 3 to 4          |



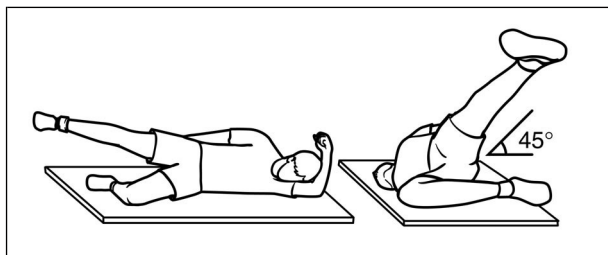
### 2-PERSON HAMSTRING STRETCH

Lie on the floor with your legs straight or with one leg bent slightly at the knee if that is more comfortable. Your partner raises one leg just to the point of tightness and applies resistance for 30 seconds while you try to lower the leg. Do the same with the other leg. Repeat the cycle 4 times. Perform 2 to 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.



## 1-PERSON HAMSTRING STRETCH

Sit on the floor with your legs straight. Grasp the calf of one leg and slowly pull the leg toward your ear, keeping your back straight. Hold for 5 seconds. Do the same with the other leg. Repeat the cycle 4 times. Perform 2 to 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.



## HIP ABDUCTION

Lie on your side with the affected hip on top, cradling your head in your arm, and with the bottom leg bent to provide support. Slowly raise the top leg up and back to 45°, keeping the knee straight. Slowly lower the leg to a count of 5 and relax it for 2 seconds. Ankle weights should be used, starting with a weight that allows 2 sets of 8 repetitions and progressing to 3 sets of 12 repetitions. Then return to 2 sets of 8 repetitions and add weight in 2- to 3-pound increments, progressing each time to 3 sets of 12 repetitions. Perform the exercise 3 days a week for 3 to 4 weeks.