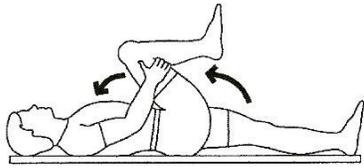


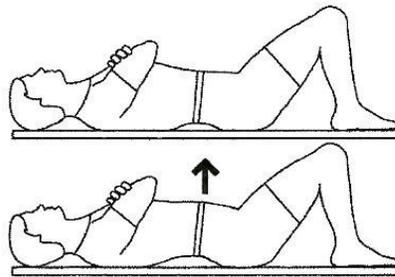
# COX EXERCISES



## Knee to Chest

- Lie on back.
- Bring right knee up to chest.
- Return to start position.
- Repeat with left knee.

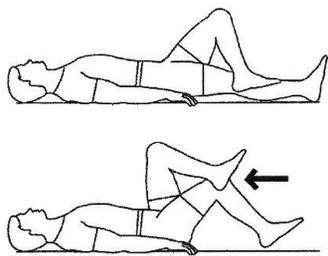
You can use a pillow under your head if needed.



## Pelvic tilt

- Lie on back, knees bent and feet flat on floor.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

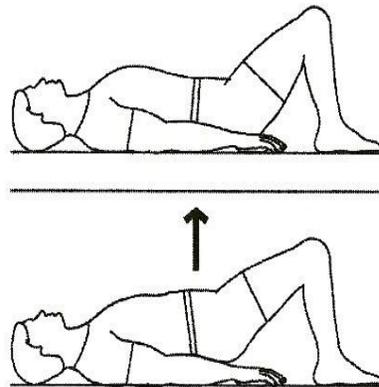
You can use a pillow under your head if needed.



## Stretch hip/knee figure 4

- Lie on back, knees bent. Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

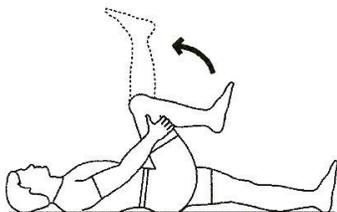
You can use a pillow under your head if needed.



## Bridging

- Lie on back with knees bent and feet flat on floor
- Lift buttocks off floor.
- Return to start position.

You can use a pillow under your head if needed.



## Stretch hamstrings

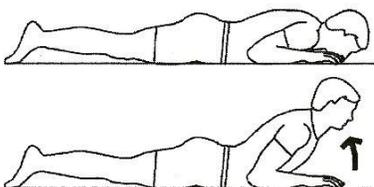
- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

You can use a pillow under your head if needed.



## Hip extension

- Lie face down knees straight.
- Lift one leg upward.
- Return to starting position.
- Repeat with other leg.



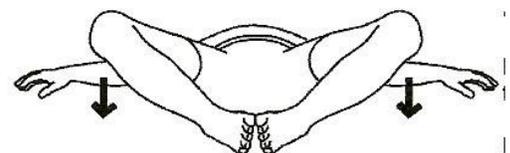
## Lumbar extension

- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor.
- Return to start position and repeat.

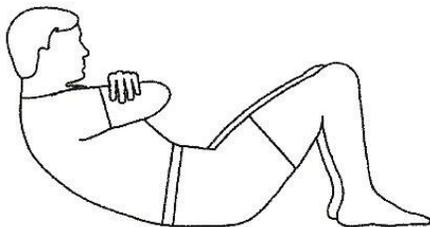
## Stretch adductors

- Lie on back with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- You can use a pillow under your head if needed.

See other side for additional exercises



# COX EXERCISES

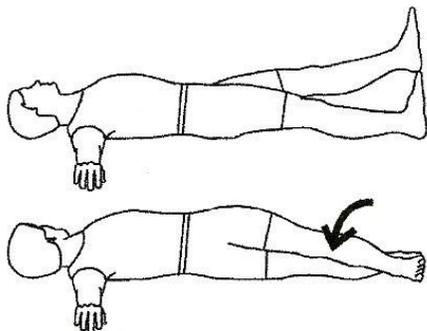
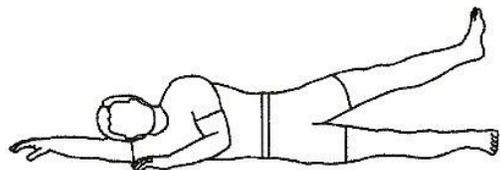


## **Abdominal crunches**

- Lie on back, knees bent, arms crossed over chest.
- Flatten lower back to the floor.
- Lift up head and continue to lift up shoulders off floor, toward knees.
- Keep low back in contact with floor.
- Return to start position and repeat.

## **Hip Abduction**

- Lie on right side with knees straight.
- Rotate left leg and lift upward.
- Lower leg until a stretch is felt and repeat.
- Repeat sets with other leg.



## **Trunk Rotation**

- Lie on back, arms out to side, with heel of left leg on toes of right leg.
- Tighten muscles of each leg and roll legs to right.
- Continue by rotating left hip to the right while turning head to left.
- Return to start position and repeat in other direction.

You can use a pillow under your head if needed.



## **Hip Flexor & Quad Stretch**

- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

## **ICE:**

Apply ice to the painful area for 15-20 minutes then leave off for 30 minutes. Wrapping the ice in a towel will help prevent freezer burn to your skin. Apply the ice as often as possible until your pain subsides. Ice is an excellent local anti-inflammatory.

## **HEAT:**

Apply heat to the painful area for 20-30 minutes then leave off for 30 minutes.

**PERFORM ALL OF THE RECOMMENDED EXERCISES \_\_\_\_\_ TIMES PER DAY. HOLD EACH STRETCH FOR 8-10 SECONDS AND REPEAT 3 TIMES EACH SESSION.**