

Exercise Prescription: Heel Slides

Purpose of Exercise:

This is a low load range of motion exercise for hip/knee rehabilitation.

Frequency:

2-3 times per day

Starting Position:

Lying down on your back with the affected leg straight, opposite leg bent. Hands are at your sides with palms facing down. Press the unaffected heel and both palms downward.

Exercise Description:

From the starting position, slide the heel of the affected leg towards your buttocks until a gentle stretch is felt, then return to the starting position. If required, you may loop a towel/strap around the affected ankle and pull with one hand to assist this motion.

Repeat 10-12 times to each side and try to progressively increase the rotation movement to your maximal range. Make sure to breathe normally throughout this exercise.

Remember that some minor new pains are normal and expected. If you experience pain that becomes worse with each repetition, discontinue the exercise.

Pictures:

