

Perthes Stretching Exercises

Shawn C. Standard, M.D.

These five basic stretching exercises maintain the essential hip motion that is needed for a successful outcome.

Perform each stretch 10 times and hold each stretch for 10 to 20 seconds. The entire series of exercises should be performed at home one to three times a day depending on the stage of treatment. Please ask your doctor for specific instructions. Do not start or stop these exercises without consulting a medical professional. If you have any questions, please e-mail icll@lifebridgehealth.org or call 410-601-1725.

EXERCISE 1A AND 1B: Hip Flexion and Extension

Part A of the stretch is for hip flexion and
Part B of the stretch is for hip extension.



EXERCISE 2: Hip Abduction



For exercises 3 through 5, you should ask someone to assist you (as shown) so that you can fully stretch your hip.

EXERCISE 3: Hip Extension



EXERCISE 4: Internal Rotation of the Hip



EXERCISE 5: External Rotation of the Hip

