Perthes Stretching Exercises
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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.

**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 3: Hip Extension](image)

**Exercise 4: Internal Rotation of the Hip**

![Exercise 4: Internal Rotation of the Hip](image)

**Exercise 5: External Rotation of the Hip**

![Exercise 5: External Rotation of the Hip](image)

Questions? E-mail icll@lifebridgehealth.org or call 410-601-1725.