

# Perthes stretches

## Precautions

- Stabilize the pelvis so that only the leg is moving for each stretch.
- Hold each position for 30 seconds and repeat three times for each.
- Only perform exercises through pain-free range of motion.



**Prone hip internal rotation**

Lay on your stomach with knee bent and rotate foot out



**Prone hip external rotation**

Lay on your stomach with knee bent and rotate foot in



**Prone hip extension**

Lay on your stomach and lift leg off the table



**Supine hip extension**

Lay on your back and bend leg up



**Supine hip abduction**

Lay on your back and pull leg out to the side