

# Perthes Stretches

## Precautions

- Stabilize the pelvis so that only the leg is moving for each stretch.
- Hold each position for 30 seconds and repeat 3 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 the foot in



### Prone Hip Extension

Lay on your stomach and lift the leg off the table



### Supine Hip Extension

Lay on your back and bend the leg up



### **Supine Hip Abduction**

Lay on your back and pull the  
out to the side