

## Little Circle

Timeline: 6 weeks to 3 months postop

Appropriate for: knee and hip

Location: a raised mat, hip height

### Instructions

- Select the most appropriate setup option (see pp. 265-266).
- Draw the abdominals in and up.
- Lift the top leg to hip height, and point the toes. Begin to draw a small circle with the toes. Accentuate the motion at the top of the circle.
- Circle from the hip.
- Breathe with an even flow of inhaling and exhaling.
- Repeat 5 circles in each direction.
- When performing the movement, make sure the upper body stays stable. Imagine reaching for the opposite wall with the foot to create length.
- **Knee and hip:** Keep the leg parallel, with the knee and toe pointing to the other side of the room. Keep the knee slightly bent and soft. Do not let the hip cross the midline of the body.



### Option

Place the hand on a small, soft ball to challenge the core stability and use a towel for comfort.



## LITTLE CIRCLE

Timeline: 3 to 6 months and 6 months and beyond postop

Appropriate for: knee and hip

Location: a floor mat or a raised mat as needed; a raised mat for a bilateral knee or hip replacement as needed

### Instructions

- Select the most appropriate setup option (see pp. 267-268).
- Draw the abdominals in and up.
- Lift the top leg to hip height and point the toes. Draw a small circle with the toes. Accentuate the motion at the top of the circle. You can place one hand on the mat (*a*) or both hands behind the head (*b*).



(continued)

## Little Circle *(continued)*

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- Circle from the hip.
- Reverse in the opposite direction.
- Breathe with an even flow of inhaling and exhaling.
- Perform 8 to 10 circles in each direction.
- When performing the movement, make sure the upper body stays stable. Imagine reaching for the opposite wall with the foot to create length.
- **Knee and hip:** Keep the leg parallel, with the knee and toe pointing to the other side of the room. The knee remains soft.

### Primary Muscles Activated

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Abdominals, rectus femoris, iliopsoas, sartorius, pectineus, gracilis, biceps femoris, semitendinosus, semimembranosus, gluteus medius, tensor fasciae latae, gluteus minimus, gluteus maximus, adductor magnus, adductor longus, adductor brevis, vastus intermedius, vastus medialis, vastus lateralis, tibialis posterior, gastrocnemius, soleus, plantaris