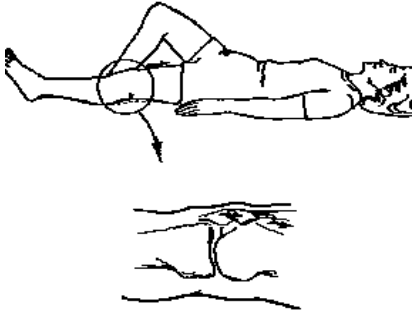


HIP EXERCISES

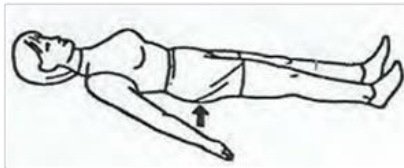
These exercises are designed to improve your range of motion, strength, and mobility in your hip. A therapist will review these exercises with you after your surgery while in the hospital and at home. These exercises should be performed 3 times daily each. Consider timing your pain medication appropriately.

STAGE 1 EXERCISES – FIRST 2 WEEKS AFTER SURGERY



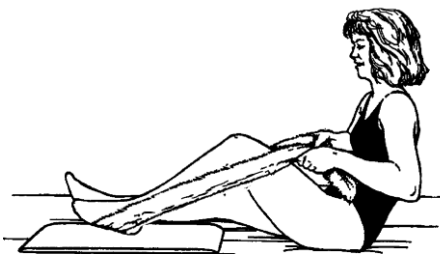
This exercise helps strengthen your thigh muscle

1. Lie on your back with operated leg straight.
2. Tighten your thigh muscle, pushing the back of your knee down into the bed.
3. Hold 5 seconds, repeat 10 times, 3 times per day



This exercise helps strengthen your buttock muscle

1. Lie on your back with legs straight.
2. Squeeze buttocks together
3. Hold 5 seconds, repeat 10 times, 3 times per day



This exercise helps improve range of motion of your hip

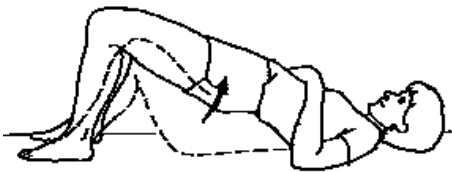
1. Lie on your back with legs straight.
 2. Bend operated leg at hip and knee, sliding your heel toward buttock (you may use your strap to help)
 3. Hold 5 seconds, repeat 10 times, 3 times per day
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This exercise helps strengthen your thigh muscle



1. Lie on your back with a can or roll under knee
2. Raise your heel off the bed until your leg is straight
3. Hold 5 seconds then slowly lower
4. Repeat 10 times, 3 times per day.

This exercise helps strengthen your buttock muscle



1. Lie on your back with both legs bent as shown (you may want to put a pillow between your legs)
2. Tighten your buttocks and raise off the bed.
3. Keep pelvis level
4. Hold for 5 seconds then slowly lower.
5. Repeat 10 times, 3 times per day.

This exercise strengthens your hip/buttock muscle



1. Lie on your back with your knees bent. Place theraband around legs just above the knee
 2. Keeping both feet together, slowly spread knees apart
 3. Hold for 5 seconds, repeat 10 times, 3 times per day
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