

Hip exercises

- Please do all of these exercises 3 times a day.
- Do each exercise 10 times.

Ankle Pumping

- Move your ankles up and down.

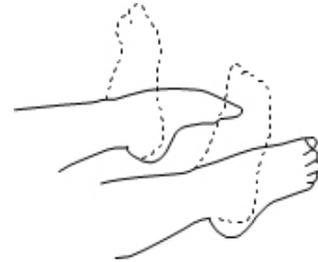


Figure 1- Feet and ankles moving up and down

Thighs and buttocks

- Lie on your back.
- Keep your leg straight.
- Tighten the muscles on your upper thigh and buttocks.
- Hold for 5 seconds.



Figure 2- Person laying on back to perform thigh and buttocks exercises.

Hip and knee flexion

- Lie on your back.
- Bend your knee then straighten it.
- Do not bend past 90 degrees.

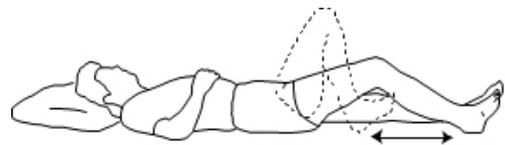


Figure 3 - Person laying on back to perform hip and knee flexion exercise.

Hip abduction

- Lie on our back.
- Keep your leg straight.
- Slide your leg out to the side and back. Do not cross the midline.

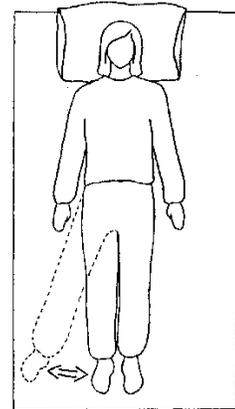


Figure 4 - Person laying on back to perform hip abduction exercise.

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