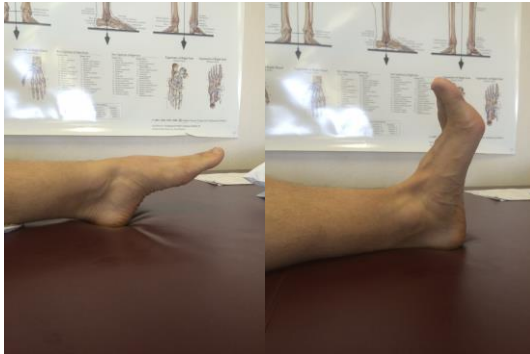
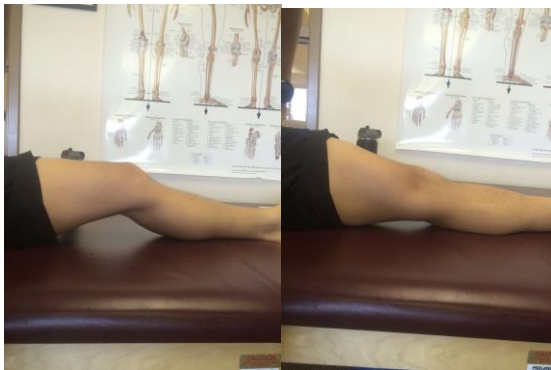


Total hip exercises:



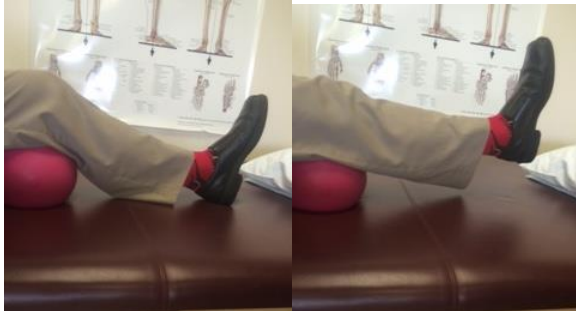
Ankle Pump: Move foot away (point toes down), then pull foot back up (toes towards nose), go through full range of motion avoiding pain. Repeat 10x per set; Do ___ sessions per day.



Quad sets: Squeeze muscles above your knees by pushing the back of your knees down towards the table. Hold for 5 seconds; Repeat 10x per set; Do ___ sessions per day.



Glute sets: squeeze buttock muscles as if you were holding back gas, hold for 5 seconds; repeat 10x; Do ___ sessions per day.



Short Arc Quad: Place a large can or folded up pillow under your surgical knee. Straighten leg by lifting your foot off the table and squeeze the muscles above your knee, hold for 2 seconds; repeat 10x per set; Do ___ sessions per day.



Heel slides: Slide surgical leg up pulling your heel towards your buttock, hold 2 secs, slowly lower. Repeat 10x, do ___ sessions per day.

Abduction: slide surgical leg out to the side, keeping toes pointed towards the ceiling; gently pull leg back in. Repeat 10x. Do ___ sessions per day.



Hip Flexion with straight knee: Standing up as straight as possible next to a counter or walker for balance, keeping your knee straight, kick your leg out in front and slowly return to starting position. Do it ___ times, repeat with other leg.



Hip Extension: Standing up as straight as possible next to a counter or walker for balance, keeping your knee straight, kick your leg behind you and slowly return to starting position. Do it ___ times, repeat with other leg.

Hip Abduction: Standing up as straight as possible next to a counter or walker for balance, keeping your knee straight, kick your leg out to the side and slowly return to starting position. Do it ___ times, repeat with other leg.



Mini Squats: standing with walker or against the wall, keeping your feet shoulder width apart, slowly bend your knees lowering buttocks toward the floor. Hold 2-3 seconds, and return to starting position. Do ___ times.



Heel (calf) raises: Standing with walker or next to a counter for balance, keeping your knees as straight as possible, raise onto the balls of your feet, elevating your heels. Hold 2-3 seconds and repeat ___ times.