Regional Joint Assessment Program

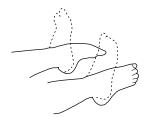
1-888-868-5568

Hip exercises

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

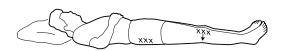
Ankle pumping

Move your ankles up and down.



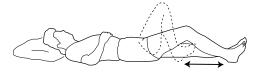
Thighs and buttocks

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



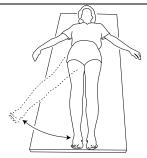
Hip and knee flexion

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



Hip abduction

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













This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

www.replacemyjoint.ca