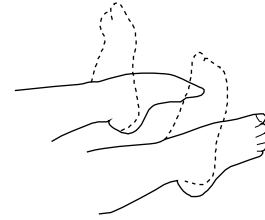


## Hip exercises

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

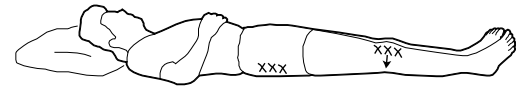
### Ankle pumping

- Move your ankles up and down.



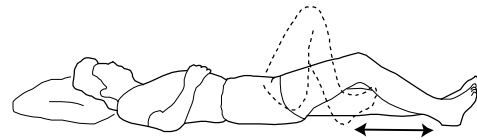
### Thighs and buttocks

- 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 past 90 degrees.



### Hip abduction

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

