

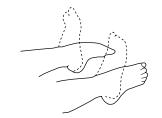
1-888-868-5568

# **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

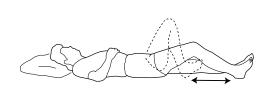
- Lie on your back.
- Bend your knee then straighten it.
- Do not bend pass 90 degrees.

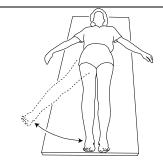
### Hip abduction

• Keep your leg straight.

NIAGARA HEALTH SYSTEM SYSTÈME DE SANTÉ DE NIAGARA

• Slide your leg out to the side and back. Do not cross the midline.





St. loseph's

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

**Hamilton Health Sciences** 

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