

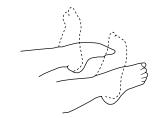
1-888-868-5568

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

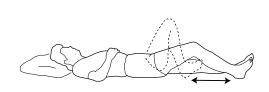
- Lie on your back.
- Bend your knee then straighten it.
- Do not bend pass 90 degrees.

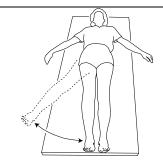
Hip abduction

• 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

Healthcare



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

Hamilton Health Sciences

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