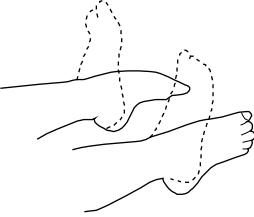
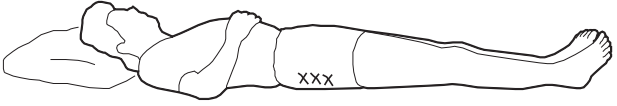
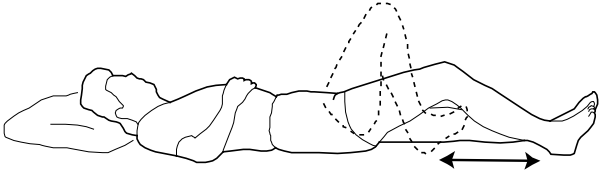
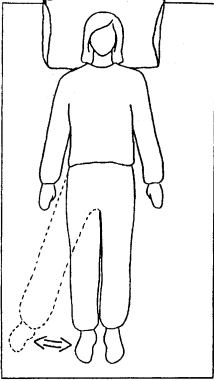


# Hip exercises

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

<p><b>Ankle pumping</b></p> <ul style="list-style-type: none"> <li>• Move your ankles up and down.</li> </ul>	 <p>A line drawing showing a person's feet and lower legs. Dashed lines indicate the upward and downward movement of the ankles.</p>
<p><b>Thighs and buttocks</b></p> <ul style="list-style-type: none"> <li>• Keep your leg straight.</li> <li>• Tighten the muscles on your upper thigh and buttocks.</li> <li>• Hold for 5 seconds.</li> </ul>	 <p>A line drawing of a person lying on their back with legs straight. A dashed line and the letters 'xxx' are shown on the upper thigh and buttock area to indicate muscle contraction.</p>
<p><b>Hip and knee flexion</b></p> <ul style="list-style-type: none"> <li>• Lie on your back.</li> <li>• Bend your knee then straighten it.</li> <li>• Do not bend past 90 degrees.</li> </ul>	 <p>A line drawing of a person lying on their back. Dashed lines show the leg being bent at the knee and then straightened. A double-headed arrow at the bottom indicates the range of motion.</p>
<p><b>Hip abduction</b></p> <ul style="list-style-type: none"> <li>• Keep your leg straight.</li> <li>• Slide your leg out to the side and back. Do not cross the midline.</li> </ul>	 <p>A line drawing of a person sitting on a chair. A dashed line shows the leg moving out to the side and back. A double-headed arrow at the bottom indicates the range of motion.</p>