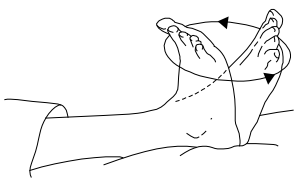
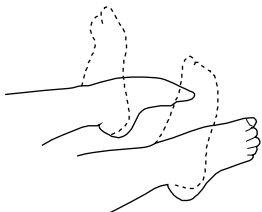
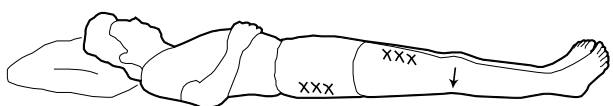
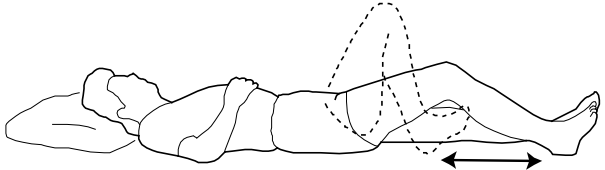
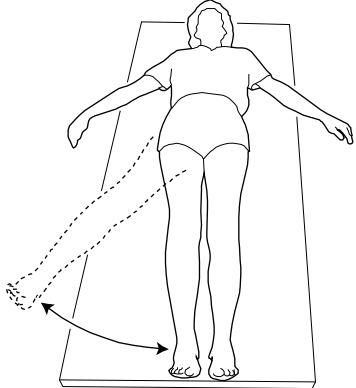
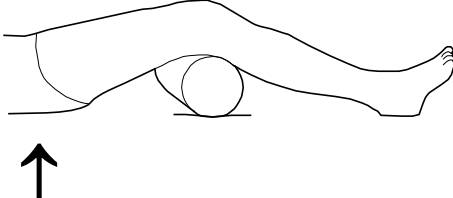


MSK Rehab - hip exercises

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

<p>Ankle circles</p> <ul style="list-style-type: none"> • Circle both ankles then change direction. 	
<p>Ankle pumps</p> <ul style="list-style-type: none"> • Move your ankles up and down. 	
<p>Thighs and buttocks</p> <ul style="list-style-type: none"> • Keep your leg straight. • Tighten the muscles on your upper thigh and buttocks. • Hold for 5 seconds. 	
<p>Hip and knee flexion</p> <ul style="list-style-type: none"> • Lie on your back. • Bend your knee then straighten it. • Do not bend past 90 degrees at the hip. 	

<p>Hip abduction</p> <ul style="list-style-type: none">• Keep your leg straight.• Slide your leg out to the side and back. Do not cross the midline.	
<p>Hip extension – bridging</p> <ul style="list-style-type: none">• Lie on back, knees on rolls. Lift bottom up.• Hold for 5 seconds.	
<p>Quads over a roll</p> <ul style="list-style-type: none">• Place a roll under your knee.• Lift your foot off of the bed and straighten your knee.• Hold for 3 seconds, then relax.	