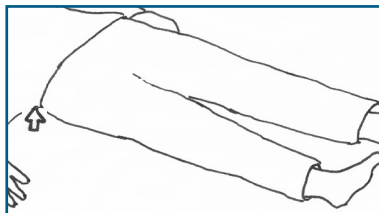


Hip Exercise Chart

All exercises to be
repeated 3 times daily

Exercise 1

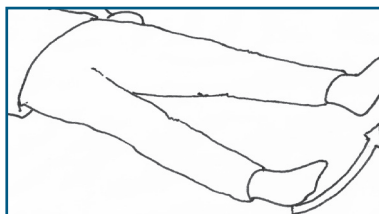
Tighten your buttock muscles and hold to a
count of . Repeat times.



Exercise 2

Slide your leg out to the side as far as you
can and then back. Do not cross the midline.

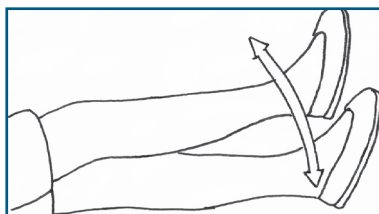
Repeat times.



Exercise 3

Tighten your thigh muscle with your knee fully
straightened on the bed. As your thigh muscle
tightens, lift your leg several inches off the bed.

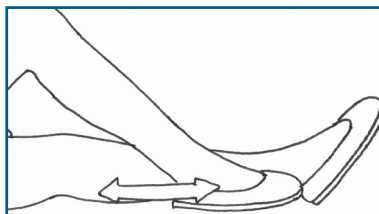
Hold for seconds, then slowly lower.



Exercise 4

Slide your heel towards your buttocks,
bending the knee and keeping your heel on
the bed. Do not let your knee roll inward.

Repeat times.



Physiotherapy Department



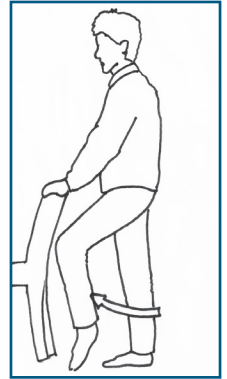
spencerprivatehospitals.com
enquiries@spencerhospitals.com

Exercise 5

Lift your operated leg towards your chest.
Do not lift your knee higher than your waist.

Hold for counts and put your leg down.

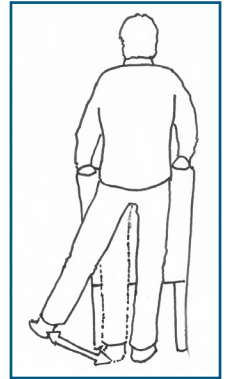
Repeat times.



Exercise 6

Be sure that your hip, knee and foot are pointing straight forward. Keep your body straight.
With your knee straight, lift your leg out to the side.
Slowly lower your leg so that your foot is back on the floor.

Repeat times.



Exercise 7

Lift your operated leg backward slowly.
Try to keep your back straight.

Hold for counts and return your foot to the floor.

Repeat times.



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