Hip Exercise Chart

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.

All exercises to be repeated 3 times daily
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.