

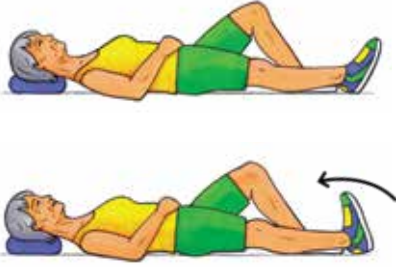
Exercises for Hips

Physical Therapy Exercises

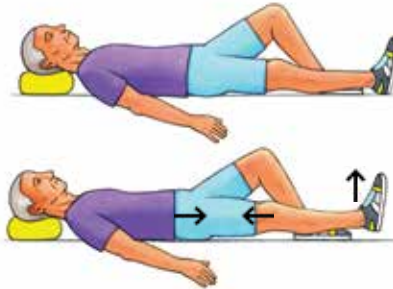
After your surgery, it will be important to perform the following hip exercises as specified by your surgeon or Highland physical therapist. It will be normal to experience some pain or discomfort

while performing these exercises. Consider taking pain medication before doing your exercises and apply ice to your joint to help control your pain.

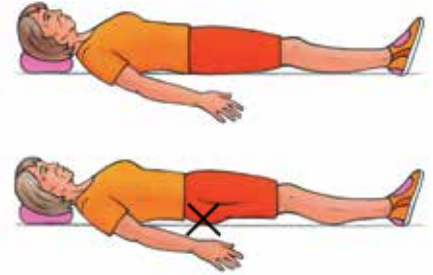
Ankle Pumps: Bend ankles to move feet up and down, alternating feet.



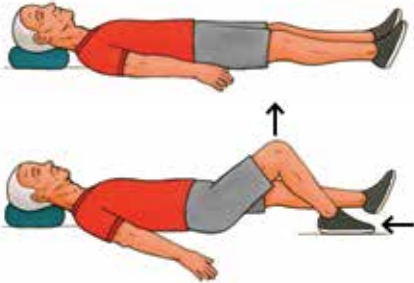
Quad Sets: Slowly tighten thigh muscles by pushing the knees down into the bed. Hold for a count of five and relax.



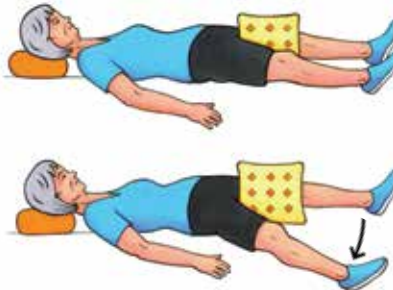
Gluteal Squeeze: Squeeze buttocks muscles as tightly as possible. Hold for a count of five and relax.



Heel Slides: Gently bring one knee up as far as possible, keeping foot on bed. Return.



Abduction: Put a pillow between thighs. Slide one leg out to the side. Keep kneecap pointing toward ceiling. Gently bring leg back to pillow.



Seated Knee Extensions: Sit on chair or bed. Straighten knee as far as you can, then slowly bend knee as far as it will go. (Do not lean forward).



PRECAUTIONS

1. Do NOT bend your hip more than 90°.
2. Do NOT cross your legs at the knee or ankle.
3. Do NOT rotate your knee or foot inward/outward.