

## EARLY HIP EXERCISES

### 1. FOOT AND ANKLE EXERCISES



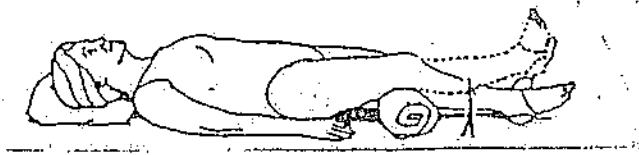
- Pump ankles up and down, alternating feet.
- Do at least 10 times every 2 hours during the day while in hospital.
- Thereafter, do \_\_\_ times, \_\_\_ sessions per day.

### 2. QUADRICEPS SETTING EXERCISES



- Bend your ankle pulling your toes towards your knee. Tighten the thigh muscles by pushing the back of the knee into the bed.
- Hold for a count of 5, relax.
- Do \_\_\_ times, \_\_\_ sessions per day.

### 3. QUADRICEPS STRENGTHENING EXERCISES



- Place roll under knee, bend ankle pulling toes towards knee, then straighten knee by tightening thigh.
- Keep knee on roll and try to get leg straight.
- Hold leg straight for a count of 5, lower slowly.
- Do \_\_\_ times, \_\_\_ sessions per day.

### 4. HIP ABDUCTION EXERCISES



- Smooth board under leg
- Slide leg out to the side.
- Keep kneecap and toes pointed toward ceiling.
- Gently bring leg back to pillow.
- Do \_\_\_ times, \_\_\_ sessions per day.

### 5. HEEL SLIDES



- Smooth board under leg
- Gently bend knee, sliding heel towards buttocks, keeping foot on board. Slowly lower.
- Do \_\_\_ times, \_\_\_ sessions per day.