

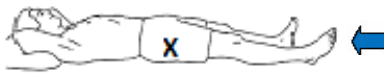
# Hip Exercise Program

Do these exercises 2-3 times daily, repeating each exercise 10-15 times



## 1. Ankle

- Sitting or lie on your back with your leg straight
  - Bring your toes toward yourself
  - Point your toes down (straight ankle pumping)
- \*This exercise can be done every 2 hours, no circles



## 2. Buttocks

- Lie on your back with your leg straight
  - Bring your toes towards yourself
  - Squeeze/contract your buttock muscles
  - Hold this position for 5 seconds and relax
- \*This exercise can be done every 2 hours



## 3. Knee

- Lie on your back with your leg straight
  - Press your knee toward the mattress
  - Bring your toes toward yourself
  - Squeeze/contract your thigh muscles
  - Hold this position for 5 seconds and relax
- \*This exercise can be done every 2 hours



## 4. Knee

- Lie on your back, place a roll under your knee
- Lift your foot up from the mattress to straighten your knee
- Bring your toes toward yourself
- Keep your knee on the roll, hold this position for 5 seconds and then return your foot slowly down to the mattress



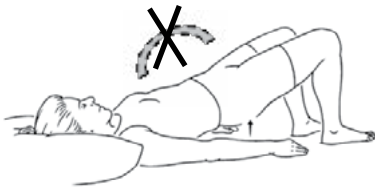
## 5. Knee & Hip

- Lie flat on your back
  - Bend your knee while sliding your heel up
  - Keep your knee pointed toward the ceiling
- Do not bend past 90 degrees**
- Bring your leg down flat on the mattress



## 6. Hip

- Lie flat on your back
  - Slide your leg gently out to the side
  - Keep your toes pointed straight up
  - Bring your leg back towards the center
- Do not bend let your toes fall to the side**



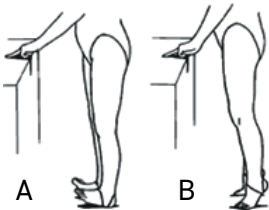
## 7. Hip

- Lie flat on your back
- Bend both knees with your feet flat on the bed
- Squeeze your buttocks and stomach muscles
- Lift your buttock off the mattress. **Do not arch your back**
- Hold this position for 5 seconds then go down slowly back on the mattress



## 8. Knee

- Sitting in a secure chair
- Squeeze/contract your thigh muscles
- Lift your leg to extend your knee **Ensure that your hip is less than 90°**
- Bring your toes toward yourself
- Hold this position for 5 seconds then bring your foot slowly down on to the floor



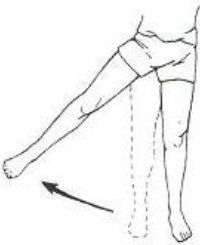
## 9. Ankles

- Standing – supported by a wall, a table, a counter, etc.
  - Stand on your heel lifting your toes up, maintain a good posture
  - Hold this position for 5 seconds then bring toes back down
- Standing – supported by a wall, a table, a counter, etc.
  - Stand on the tip of your toes, maintain a good posture
  - Hold this position for 5 seconds then bring heels back down



## 10. Knee and Hip

- Standing – supported by a wall, a table, etc.
- Bring your knee up
- Keep your back straight (**do not bend past 90 degrees**)
- Hold this position for 5 seconds then bring your foot down on the floor



## 11. Hip

- Standing – supported by a wall, a table, etc.
- Bring your leg out toward the side
- Maintain upright posture (stand up straight)
- Keep your toes pointing forward
- Hold this position for 5 seconds, then to center

### A few tips:

- Maintain a good posture during all movements and exercises
- Take the time to properly do your exercises and to breathe
- Apply ice for 10-15 minutes if you have pain or swelling after the exercises
- You can exercise both legs, to ensure to stay strong during your recovery
- Use your walker until your physiotherapist indicates otherwise (approximately 4 weeks after your surgery)

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