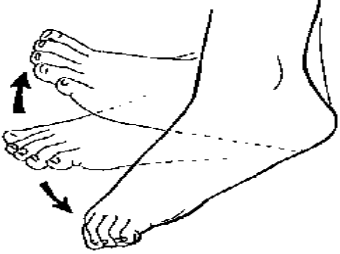
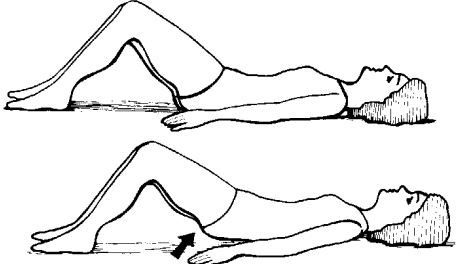

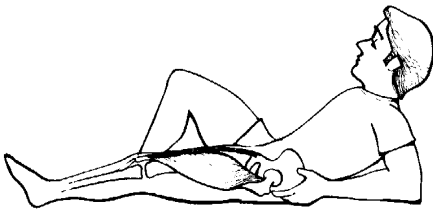
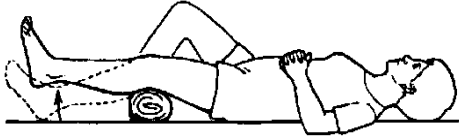
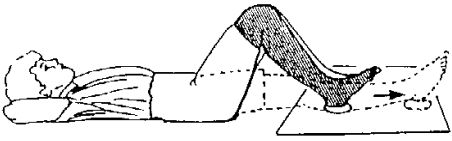
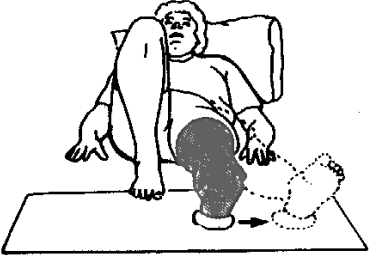
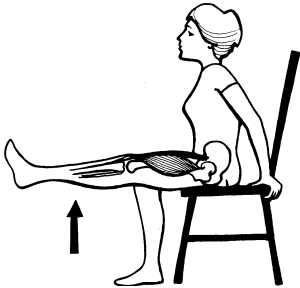


YOUR WEIGHT BEARING IS: _____

HIP EXERCISES

	<p>1. FOOT AND ANKLE MOVEMENTS</p> <ol style="list-style-type: none"> 1. Lie flat on your back. 2. Wiggle your toes. 3. Move your feet up and down at the ankle. 4. Make circles with your feet clockwise and anti-clockwise. 5. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>2. BRIDGING -LIFT YOUR HIPS UP</p> <ol style="list-style-type: none"> 1. Lie on your back with both knees bent. 2. Tighten buttocks and raise them off bed as high as you can. 3. Keep pelvis level. 4. Hold for 5 - 10 seconds, then relax slowly. 5. Repeat 5 - 10 times, 2 - 3 times a day.
	<p>3. STATIC HAMSTRING</p> <ol style="list-style-type: none"> 1. Lie on your back with affected knee partially bent. 2. Press heel to floor or bed. 3. Hold for 5 – 10 seconds. 4. Repeat exercise 5 – 10 times, 2 – 3 times a day.
	<p>4. TIGHTEN THIGH MUSCLE</p> <ol style="list-style-type: none"> 1. Lie on your back. 2. Tighten the muscles on the front of your thigh by pulling your foot up and pushing the back of your knee into the bed. 3. Hold for 5 - 10 seconds, then slowly relax. 4. Repeat 5 - 10 times, 2 - 3 times a day.
	<p>5. SQUEEZE BUTTOCKS TOGETHER</p> <ol style="list-style-type: none"> 1. Hold 5 - 10 seconds, relax. 2. Repeat exercise 5 - 10 times, 2 - 3 times a day.

	<p>6. STRAIGHTEN THE KNEE OVER A 6"- 9" ROLL</p> <ol style="list-style-type: none"> 5. Lie on your back with a roll under your knees. 6. Raise heel of affected leg off the bed until it is straight. Pull your foot towards you. 7. Hold for 5 - 10 seconds then slowly lower. 8. Repeat exercise 5 - 10 times, 2 - 3 times a day.
	<p>7. BEND YOUR HIP AND KNEE</p> <ol style="list-style-type: none"> 1. Lie on your back and put a sliding board under your leg. 2. Run your heel up the board, bending your knee up towards the ceiling. Slowly straighten out again. 3. Repeat exercise 5 - 10 times, 2 - 3 times a day.
	<p>8. SLIDE THE LEG OUT TO THE SIDE</p> <ol style="list-style-type: none"> 1. Lie on your back. 2. Slide your heel out to the side as far as you can, and bring back to the middle. 3. DO NOT cross the midline. 4. Repeat 5 - 10 times, 2 - 3 times a day.
	<p>9. STRAIGHTEN YOUR KNEE</p> <ol style="list-style-type: none"> 1. Sit comfortably in a firm chair with feet on the floor, and hips not flexed more than 90°. 2. Lift the foot of the affected leg until your leg is completely straight. 3. Hold for 5-10 seconds, slowly relax. 4. Repeat exercise 5 - 10 times, 2 - 3 times a day.

STAIRS:

If there is a rail on the steps be sure to use it, putting your crutches or cane in the opposite hand.

Going up stairs: Step up with your good leg first, then bring your affected leg and crutches or cane up to the same step.

Going down stairs: Put the crutches or cane down one step, then step down with your affected leg, followed by your good leg.

WE WISH YOU A SPEEDY RECOVERY!