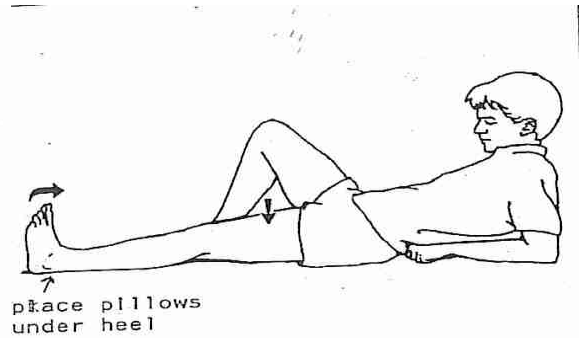


## Post Op Hip Exercises

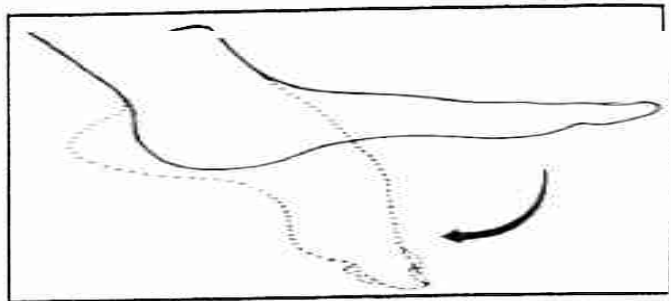
### Extension Exercise

To work on extension, or straightening of your leg.  
Place a couple of pillows under the heel.  
This allows gravity to assist in stretching  
the hamstring muscles of the back of your leg.  
Contract your thigh muscle  
This exercise should be done several times each  
day for as long as tolerated.



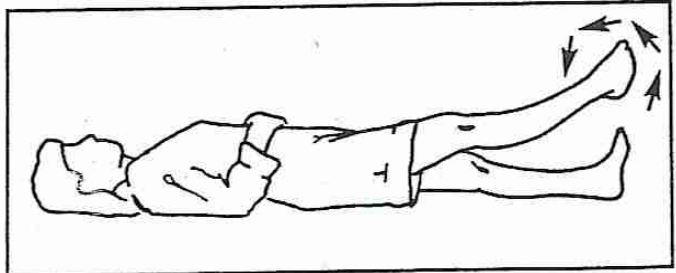
### Toe Point and Flex:

Keeping the operative leg flat  
Do this three times a day  
Point your toes forward and back  
Do this three times a day



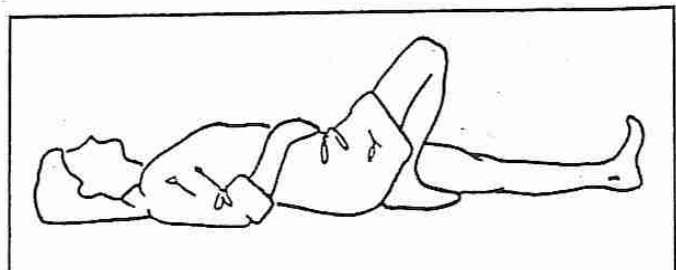
### Log Roll

Keeping the operative leg flat  
Roll your leg in and out  
Do this three times a day



### Leg Slides:

Lying on your back, slowly slide the heel of your  
operative leg towards your buttocks.  
Hold for five seconds.  
Repeat 20 times  
Do this three times a day.



---