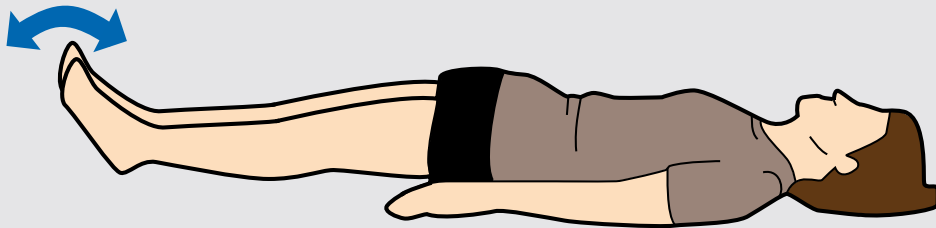
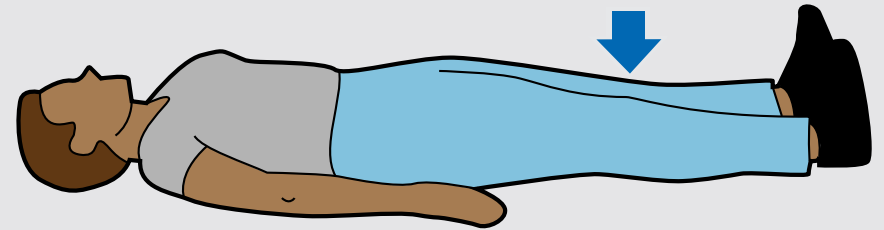


- 1 Lie on your back or sit up in a chair.
- 2 Point your toes up then down as far as possible.



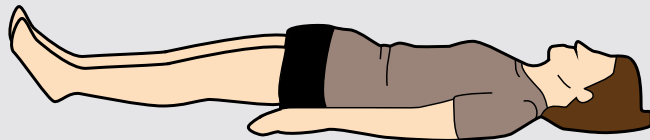
- 3 Repeat 20 times, many times per day.

- 1 Lie on your back with both your knees straight.

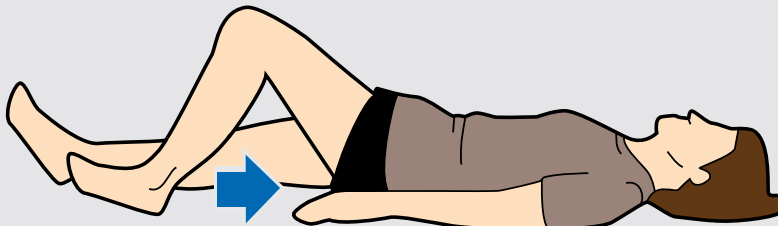


- 2 Press the back of your knees downward towards the floor. This will tighten the muscle on top of your thigh.
- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

- 1 Lie on your back.

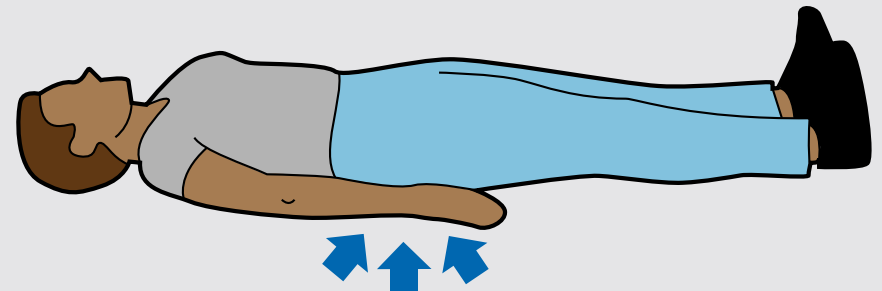


- 2 Slide your operative leg's heel toward your buttocks, bending the knee. Remember to keep space between your knees.



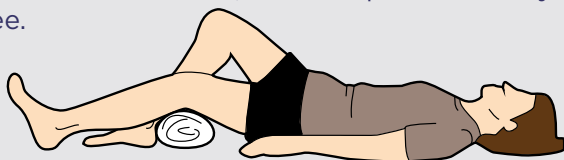
- 3 Repeat 10 times, 3 times per day.

- 1 Lie on your back with both your knees straight.
- 2 Tighten your buttocks muscles firmly together.

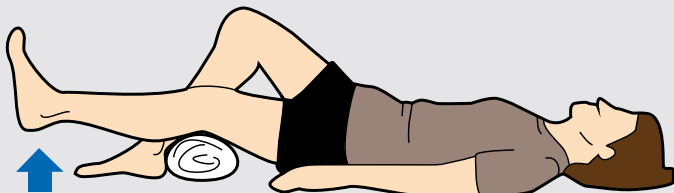


- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

- 1 Lie on your back with a firm cushion, towel or pillow under your operative hip's knee.



- 2 Raise your heel off of the surface until your knee is straight.



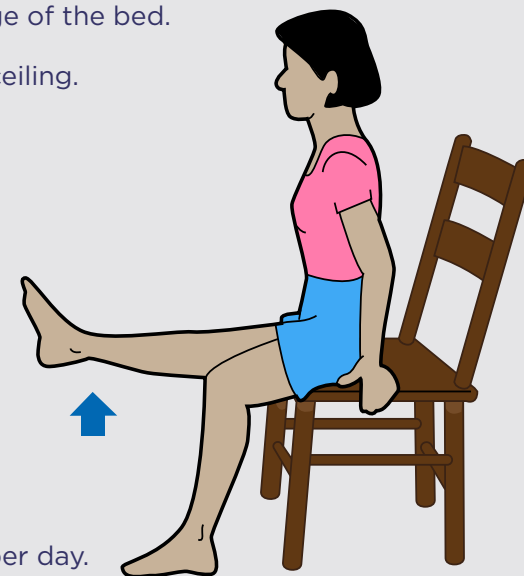
- 3 Hold for 3 seconds and slowly lower.

- 4 Repeat 10 times, 3 times per day.

OR

- 1 Sit in a chair or on the edge of the bed.

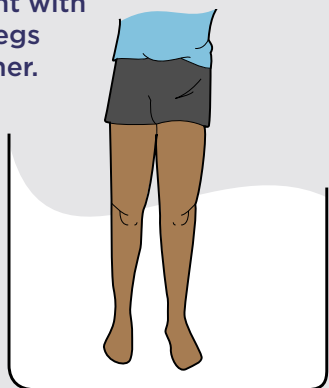
- 2 Lift your foot toward the ceiling.



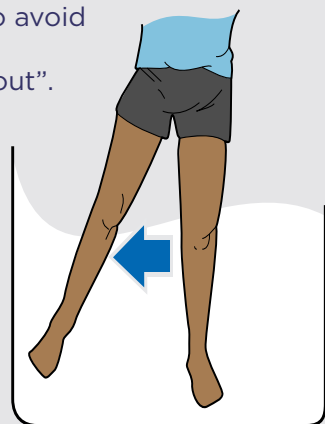
- 3 Hold for 3 seconds and slowly lower.

- 4 Repeat 10 times, 3 times per day.

- 1 Lie on your **back** on the bed with your legs straight with your legs together.



- 2 While still on your back, slide your operative hip's leg out to the side. Let your heel guide the movement and try to avoid the foot "turning out".



- 3 Return your leg to starting position.

- 4 Repeat 10 times, 3 times per day.

- 1 Use a chair or countertop on the unaffected side for stability. Stand next to the chair with your feet together, and bring your operative side's arm overhead.

- 2 Reach overhead and lean towards the non-operative side. Keep your legs straight and feet on the ground.

- 3 Hold stretch for 20 seconds.

- 4 Repeat 3 times, 3 times per day.

