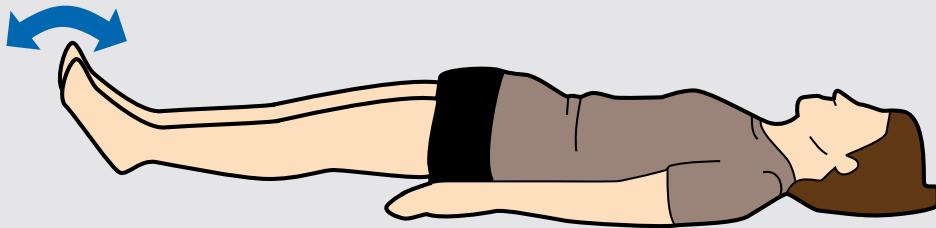
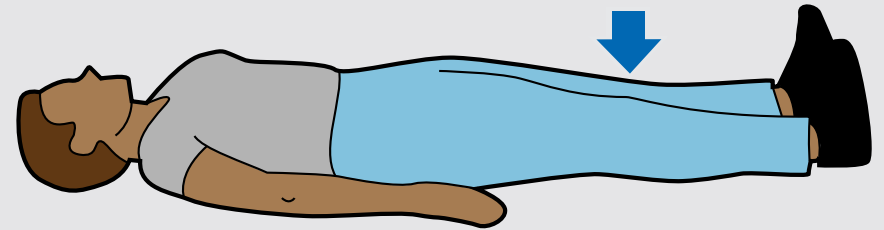


- 1 Lie on your back or sit up in a chair.
- 2 Point your toes up then down as far as possible.



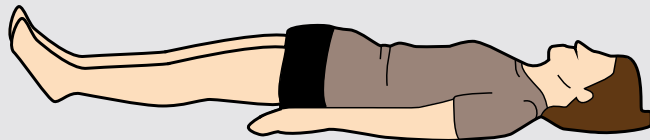
- 3 Repeat 20 times, many times per day.

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

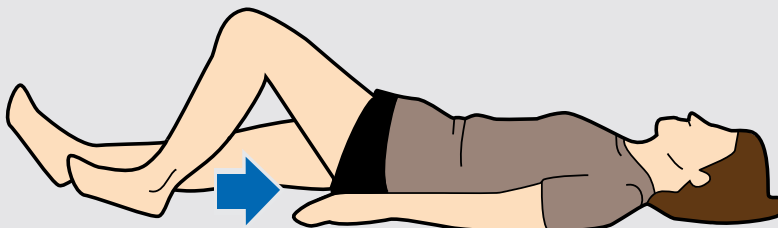


- 2 Press the back of your operated knee downward towards the bed. This will tighten the muscle on top of your thigh.
- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

- 1 Lie on your back.

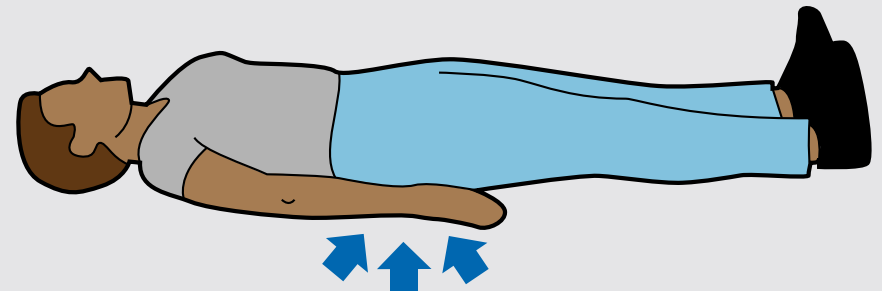


- 2 Slide your operative leg's heel toward your buttocks, bending the knee. Remember to keep space between your knees.



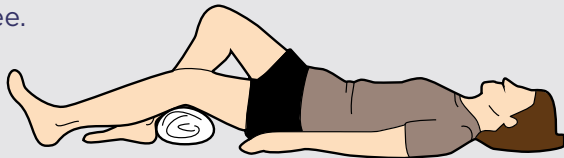
- 3 Repeat 10 times, 3 times per day.

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

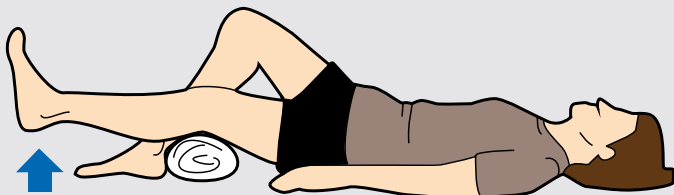


- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

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



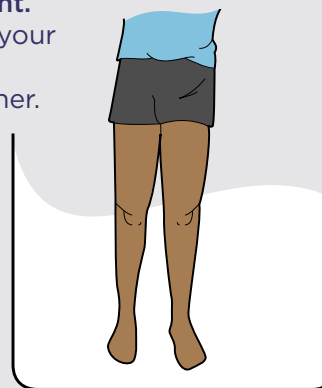
2 Raise your heel off of the surface until your knee is straight.



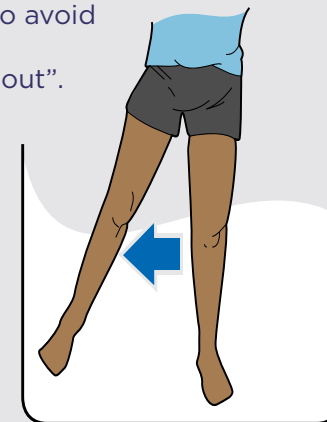
3 Hold for 3 seconds and slowly lower.

4 Repeat 10 times, 3 times per day.

1 Lie on your **back** on the bed with your legs straight. Keep 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".

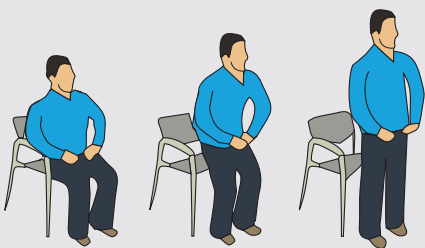


3 Return your leg to starting position.

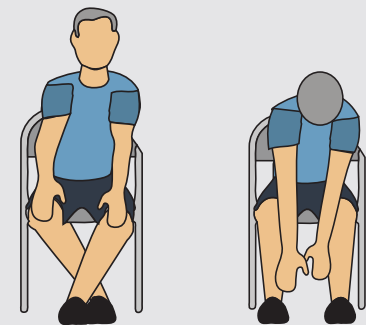
4 Repeat 10 times, 3 times per day.

No active hip abduction    Wear hip brace    Posterior hip precautions    Weight bearing status:     No precautions

## Posterior Hip Precautions



Stand up with your legs apart

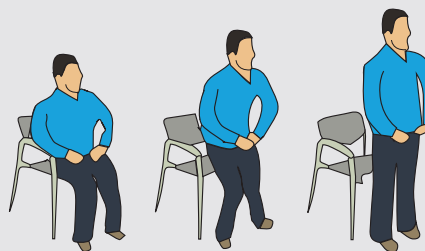


Sit with your ankles crossed

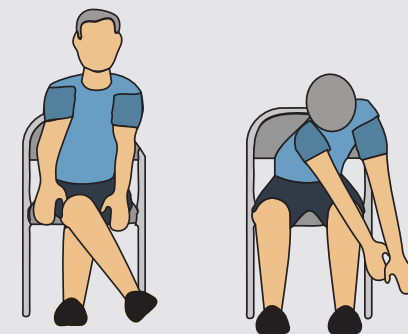
Reach between your legs for objects on the floor



Lie down with a pillow between your legs



**DO NOT**  
Stand up with your knees together



**DO NOT**  
Sit with your legs crossed above the knees

**DO NOT**  
Reach for objects on the floor outside your legs



**DO NOT**  
Lie down without a pillow between your legs