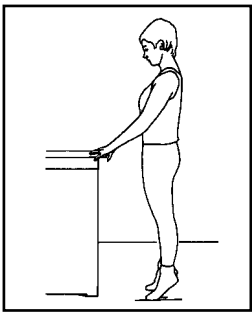


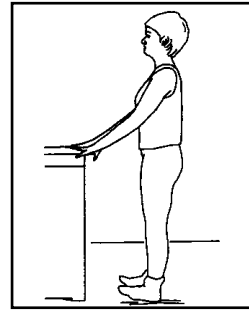
# Standing Hip Exercises

Do these exercises only if instructed by a therapist or your surgeon.

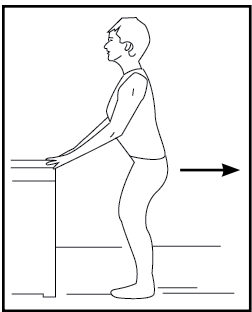
Stand next to a kitchen counter or table and hold on securely. Stand up straight during these exercises. **Work up to holding for 5 seconds.**



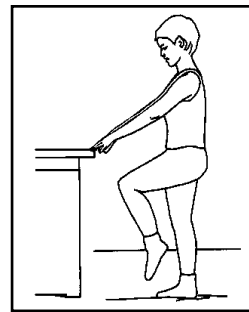
- Raise up onto the balls of your feet.



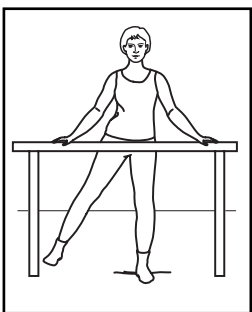
- Raise your forefeet off the floor.



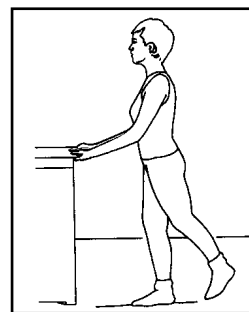
- Bend your knees slightly, by sitting back with your hips.



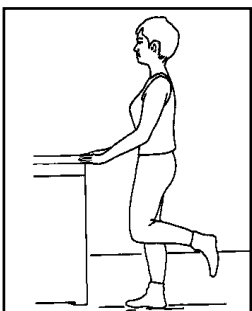
- Bend your knee as you bring it up toward the ceiling.



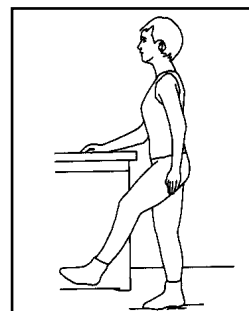
- Lift your leg out to the side.



- Lift your leg slightly backward, while squeezing your buttocks. Keep your knee straight.



- Bend your knee, as you bring your heel up toward your buttocks.



- Lift your leg forward off the ground. Keep your knee straight.

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