

## EXERCISES AFTER HIP ORIF SURGERY

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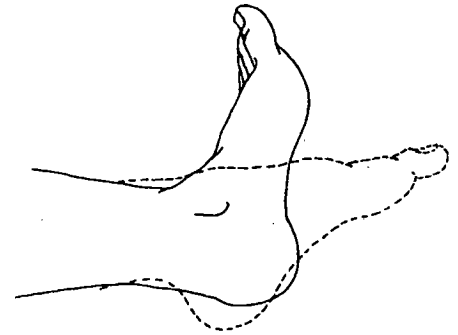
Your weight bearing status is \_\_\_\_\_

Your personal home exercise program should be followed 2-3 times per day.

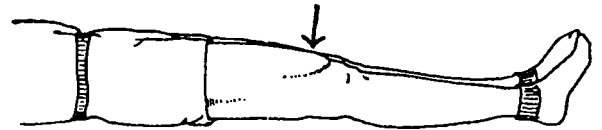
Remember to take your pain medication at least ½ hour prior to exercising.

**IMPORTANT:** Avoid holding your breath while performing these exercises.

- ANKLE PUMPS**  
Point your foot down, then pull your foot up.
- Repeat 20 times



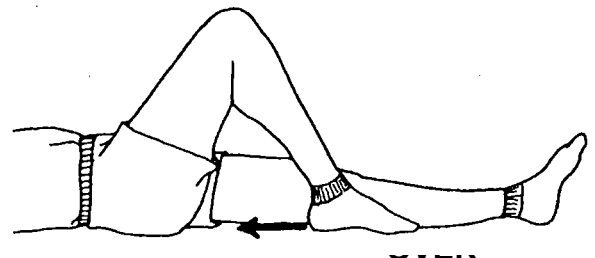
- QUAD SETS (thigh tightening)**  
Lie on your back. With the hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold at least 5 counts, then relax.
- Repeat 10 times.



- BUTTOCK SQUEEZE**  
Squeeze your buttocks together. Hold for at least 5 counts, then relax.
- Repeat 10 Times.



- HEEL SLIDES**  
Lie on your back. Slide your heel up for at least 5 counts, then relax.
- Repeat 6-10 times.



**LEG SIDEWAYS SLIDE**

Lie on your back. Place towel roll between your knees to keep your legs apart. Slide the entire leg out to one side and back to roll, keeping the knee straight.

Repeat 6-10 times.

