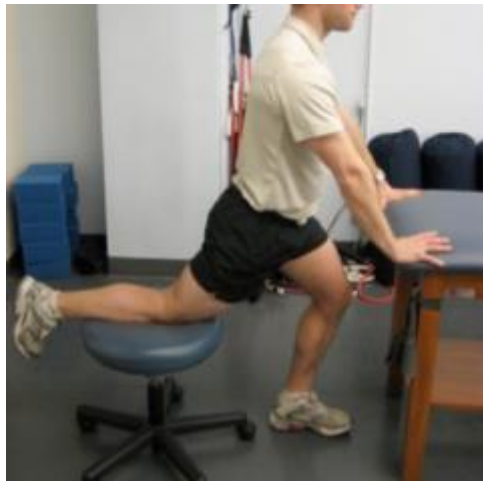


**Hip Post Op Maintenance Program
Range of Motion**



Hip Flexor Stretch with Stool



Hip Flexor Stretch on floor



Hip Adductor Stretch with Stool



Standing Hip Adductor Stretch



Bent knee fall outs



Sitting FABER



Stool rotations



Prone hip internal rotation



Prone hip external rotation

Prone Hip Rotations: Rotate leg outward and hold for 10 seconds. Then rotate leg inward and hold for 10 seconds. Keep hips facing down so rotation comes from the painful hip. Progress range without any pain and minimal discomfort. Do 1 sets of 10.



Quadruped Rocking – Start on hands and knees and bring buttocks toward heels to increase hip motion. Progress leaning forward with chest toward surface. Progress range without any pain and minimal discomfort. Hold end range position for 30 seconds.

Do 1 sets of 5.



Knee to chest

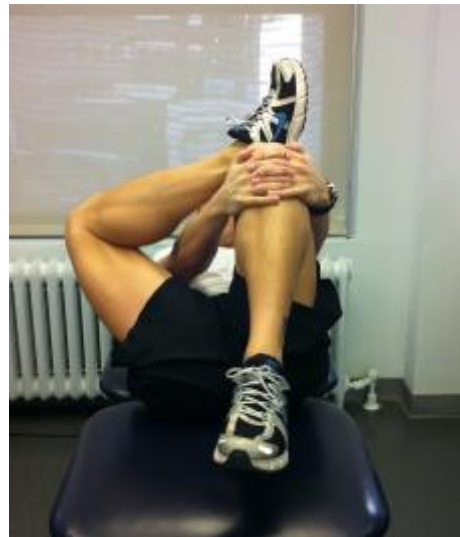


Figure 4 stretch