**Hip Extenstion**

* Stand holding onto a table or wall for balance
* Extend your operated leg backward, keeping the knee straight. Hold this for \_\_\_\_\_\_\_\_\_\_ seconds
* Return to starting position



**Hip Abduction**

* Stand up straight with your weight on you non-operated leg
* Keep you knee straight and move your operated leg outward
* Return to the starting position



**Heel and Toe Raises**

* Stand up using a counter or table for balance
* Raise up on your toes as high as you can. Return to starting position and repeat
* Next, put your weight on your heels and raise your toes. Return to starting position and repeat

 

**Knee Squats**

* Stand on both feet, holding on to the counter for balance if needed
* Bend your knees to 45 degrees
* Return to the starting position

 

**Knee Raises**

* Hold onto a table and stand with your feet shoulder-width apart
* Raise your operated knee as high as you can, then lower it
* Repeat with the same knee



**Additional Comments/ Instructions:**

**Standing Hip Flex**

* Stand holding onto to a table or chair for support
* Lift your operated leg up as high as you can while keeping your knee straight
* Lower your leg
* Repeat with the same leg

 