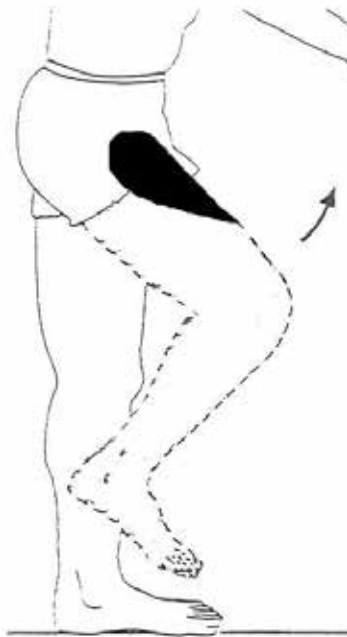


# Standing Leg Exercises

Do these exercises at least 3 times a day.

Standing and holding on to a counter or sink:

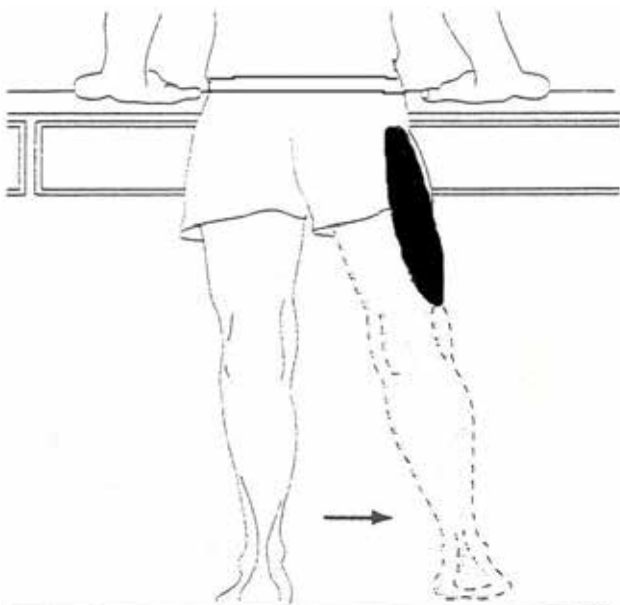
## 1. Hip and knee flexion



- Stand up straight.
- Lift your knee upwards.
- **Do not** lean forward.
- Hold for 5 seconds.
- You should feel the muscle on the front of your hip working.
- Relax and repeat 10 times.

If you have had a hip replacement, **do not** bend your hip past 90 degrees for the first 8 weeks.

## 2. Abduction



- Stand up straight.
- Lift your leg out towards the side.
- **Do not** lean to either side.
- Hold for 5 seconds.
- You should feel the muscles on the side of your thigh and hip working.
- Relax and repeat 10 times.

### 3. Hip extension



- Stand up straight.
- Lift your leg behind you while keeping your knee straight.
- **Do not** lean forward.
- Hold for 5 seconds.
- You should feel the muscles on the side of your thigh and your buttocks (bum) working.
- Relax and repeat 10 times.

### 4. Knee flexion



- Stand up straight.
- Bend your knee by bringing your heel toward your buttocks.
- **Do not** move your hip.
- Hold for 5 seconds.
- You should feel the muscle on the back of your thigh working.
- You may feel a stretch on the front of your thigh.
- Relax and repeat 10 times.

#### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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*Prepared by: Physiotherapy*

*Designed by: Nova Scotia Health Library Services*

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The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.