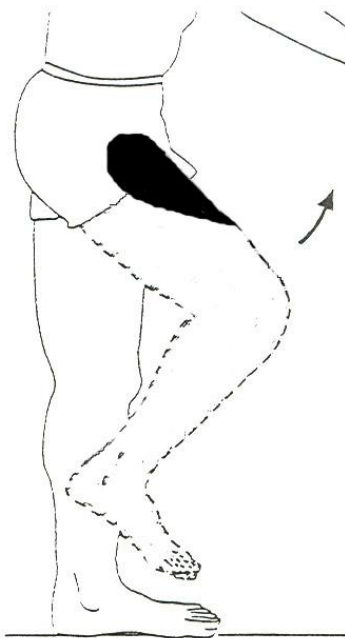


Standing Leg Exercises

Do these exercises at least 3 times a day.

Standing and holding on to a counter or a sink:

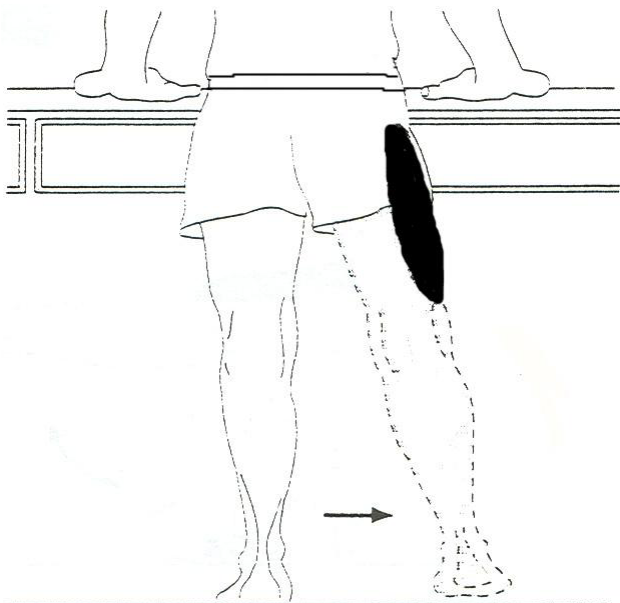
Hip and knee flexion



1. Stand up straight.
2. Lift 1 knee upwards.
3. **Do not** lean forward.
4. Hold for 5 seconds.
5. You should feel the muscle on the front of your hip working.
6. Relax and repeat 10 times.

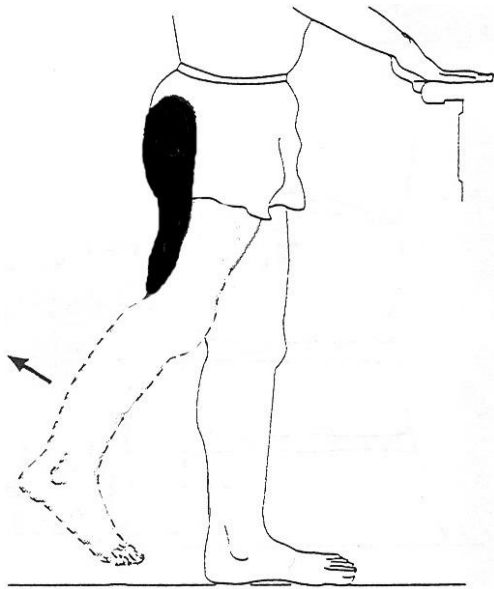
If you have had a hip replacement, do not bend your hip past 90 degrees for the first 8 weeks (2 months).

Abduction



1. Stand up straight.
2. Lift 1 leg out towards the side.
3. **Do not** lean to either side.
4. Hold for 5 seconds.
5. You should feel the muscles on the sides of your thigh and hip working.
6. Relax and repeat 10 times.

Hip extension



1. Stand up straight.
2. Lift 1 leg behind you while keeping your knee straight.
3. **Do not** lean forward.
4. Hold for 5 seconds.
5. You should feel the muscles on the side of your thigh and your buttocks (bum) working.
6. Relax and repeat 10 times.

Knee flexion



1. Stand up straight.
2. Bend 1 knee by bringing your heel toward your buttocks.
3. **Do not** move your hip.
4. Hold for 5 seconds.
5. You should feel the muscle on the back of your thigh working. You may also feel a stretch on the front of your thigh.
6. Relax and repeat 10 times.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

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