

## Standing Hip Flexion



### Setup

Begin in a standing upright position holding on to a stable object for support.

### Movement

Lift your leg off the ground with your knee bent, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your back straight, hips level, and maintain your balance during the exercise.

## Standing Hip Extension



### Setup

Begin in a standing upright position holding on to a stable object for support.

### Movement

Lift one leg backward, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your back straight and maintain your balance during the exercise.

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## Standing Hip Abduction



### Setup

Begin in a standing upright position holding onto a stable object for support.

### Movement

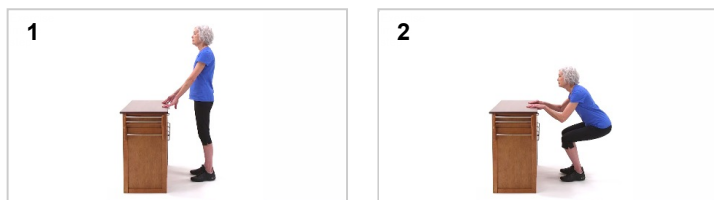
Lift one leg out to your side, then slowly return to the starting position and repeat.

### Tip

Make sure to keep your shoulders and hips facing straight forward during the exercise.

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## Squat with Counter Support



Stay in pain free range of motion with your knees and hips

### Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

### Movement

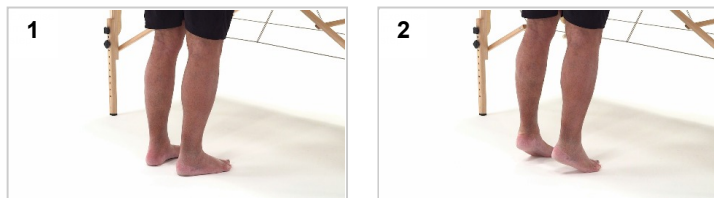
Squat down, slowly bending your knees to roughly a 90 degree angle, then press into your feet to return to a standing upright position and repeat.

### Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

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## Standing Heel Raises



### Setup

Begin in a standing upright position in front of a counter or stable surface for support.

### Movement

At the same time, slowly raise both heels off the ground, then lower them down to the floor and repeat.

### Tip

Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.

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## Sit to Stand



### Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

### Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

### Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

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## Step Up



### Setup

Begin standing with a small step or platform in front of you.

### Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

### Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.