

### Before surgery exercise program — hip surgery

Check the box under the appropriate day and week after you perform the exercises selected for you.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Ankle pumps																												
Thigh squeezes																												
Buttocks squeezes																												
Heel slides																												
Leg slides																												
Lying kicks																												
Straight leg raises																												
Bed mobility exercise																												
Chair pushups																												
Sitting kicks																												