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**Hip Post-Operative Maintenance Program
Range of Motion Component**



Hip Flexor Stretch with Stool



Hip Flexor Stretch on floor



Hip Adductor Stretch with Stool



Standing Hip Adductor Stretch

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Bent knee fall outs



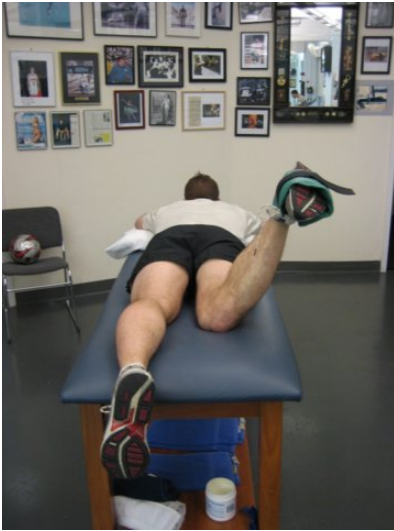
Sitting FABER



Stool rotations

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Prone hip internal rotation



Prone hip external rotation



Quadruped Rocking

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Knee to chest



Figure 4 stretch