

**Bryan T. Kelly, MD**  
**Orthopedic Surgery and Sports Medicine**  
**Hospital for Special Surgery &**  
**New York Presbyterian Hospital/Weill Cornell Medical Center**  
**525 E 70<sup>th</sup> Street, Starr 2 NY, NY 10021**  
**www.bryankellymd.com**

HSS: 212-606-1159

NYP/WC: 212-746-5348

Fax: 212-746-8488

### **Hip Post Op Maintenance Program For Range of Motion**



**Hip Flexor Stretch with Stool**



**Hip Adductor Stretch with Stool**



**External Rotation with FABER**



**Sitting FABER**

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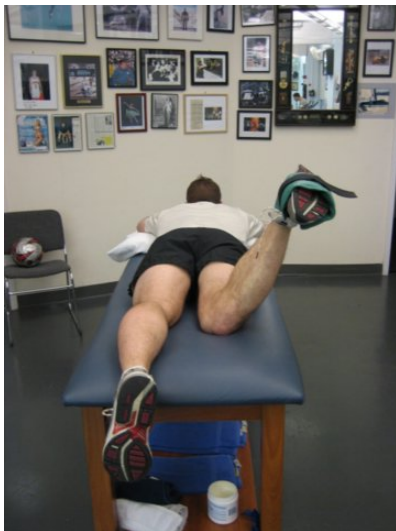
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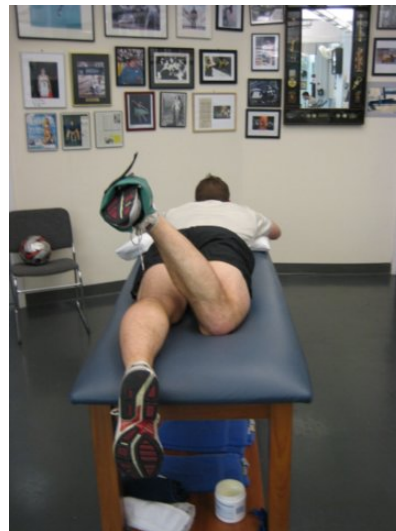
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**Stool rotations**



**Prone hip internal rotation**



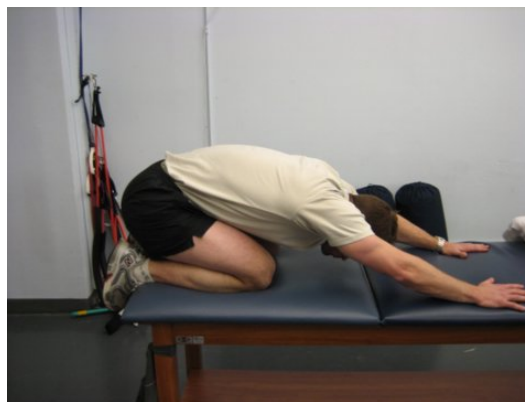
**Prone hip external rotation**

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**Quadruped Rocking**



**Knee to chest**