**Purpose of Hip Exercise and Rehabilitation**

Your hips, along with the base of your spine, bear the weight of your body. Exercising the hips keeps them stable and strong, and enables you to bear your body weight, bend down, walk, run and other physical movement. If you're recovering from surgery or illness, hip exercises maintain joint function and rotation. After hip surgery, hip exercises help increase circulation and heal the hip joint.

**Benefits of Exercise and Physical Therapy**

* Range of motion
* Strengthening
* Increased endurance
* Increase function and mobility

**Range of Motion**

There are two types of range of motion exercise:

* Active - Performed by you
* Passive - Performed by a physical therapist

Perform exercises as instructed by your doctor or therapist, depending on your condition and strength.