

TOTAL HIP REPLACEMENT

(This can be performed before and after surgery)

Supine Ankle Pumps Elevated



ANKLE PUMPS Instructions: Lie on your back. Gently pump ankle in full available range of motion by pulling toes toward your shin and then pressing down and pointing your toes. If you can perform this with your foot elevated above your heart, it can help with swelling.

- Repeat 2 - 3 sets of 10 repetitions, every 1 - 2 hours

Quad Set



QUAD SET Instructions: Lie on your back. Tighten your thigh muscle as you push the back of your knee into the bed. Do not hold your breath.

- Repeat 2 sets of 10 repetitions with one 5 sec hold, 2 - 3 times a day.

Supine Heel Slide



HEEL SLIDES Instructions: Lie on your back, and bend your surgical leg by sliding your heel toward your buttocks, keeping foot in contact with the bed.

- Repeat 2 sets of 10 repetitions, 2 - 3 times per day
- You may be instructed to loop a sheet around your foot to assist with sliding

Glute Set



GLUTE SETS Instructions: Lie on your back with your legs straight. Squeeze your buttocks together and tighten your buttock muscles.

- Repeat 2 sets of 10 repetitions with 5 second hold, 2 - 3 times per day

Posterior Pelvic Tilt



PELVIC TILT Instructions: Lie on your back with your knees bent and feet flat. Tighten your stomach muscles as you squeeze your buttocks and roll your pelvis back, trying to flatten your low back against the bed. Do not hold your breath.

- Perform 10 repetitions with 5 second hold each, 1 - 2 times per day

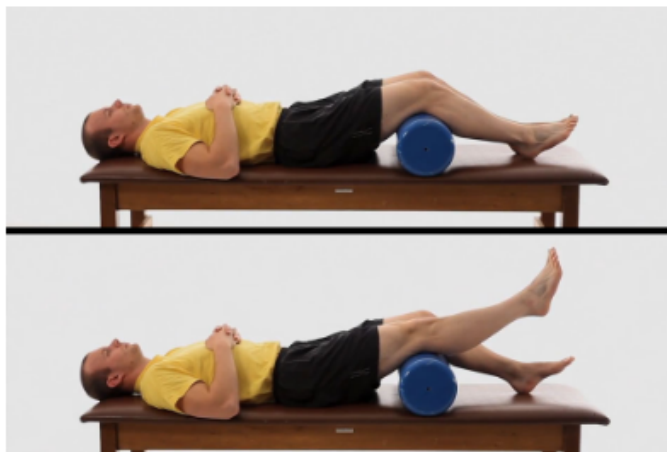
Supine Hip Abduction



HIP ABDUCTION Instructions: Lie on your back with your knees straight and your toes pointed straight at the ceiling. Slide your surgical leg out to the side and then back to starting position, **but do not cross leg past midline of your body.** **AFTER SURGERY:** Ask your physician / therapist about this exercise.

- Perform 1 - 2 sets of 10 repetitions, 2 - 3 times per day.

Short Arc Quads



SHORT ARC QUADS Instructions: Lie on your back with a foam/towel roll under your knee. Tighten your thigh and lift your foot toward the ceiling, keeping your thigh on the roll

- Perform 2 sets of 10 repetitions, 2 - 3 times per day

Hook Lying Hip Adduction with Ball



HIP ADDUCTOR ISOMETRICS Instructions: Lie on your back and place a large pillow or a soft ball between your knees. Gently squeeze the ball until you feel your inner thigh muscles, but not so hard that you have discomfort. Do not hold your breath.

- Perform 10 repetitions with a 5 second hold each, 1 - 2 times per day

ADDITIONAL EXERCISES AS YOU PROGRESS:

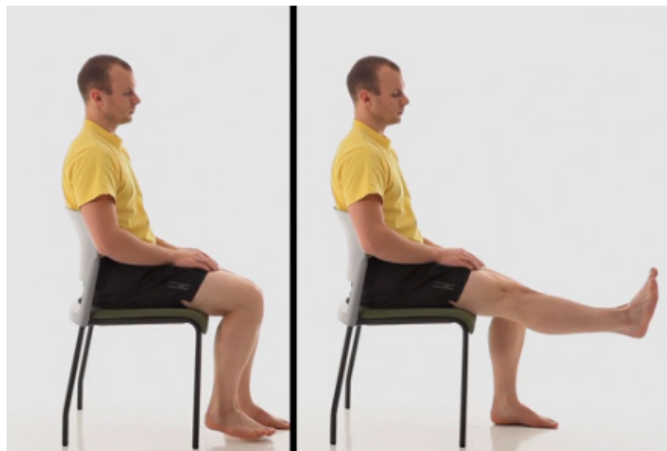
Heel Raise



HEEL RAISE Instructions: Standing at a STABLE object such as sink or countertop, push through your toes with equal weight bearing between legs and rise up onto toes. Then return to start position.

- Perform 2 sets of 10 repetitions, 2 - 3 times per day

Seated Knee Extensions (Long Arc Quads)



LONG ARC QUADS Instructions: Sit with back up against the chair. Tighten your thigh and kick your leg slowly in front of you, trying to straighten your knee fully. Return to starting position.

- **Perform 2 sets of 10 repetitions, 2 - 3 times per day**

Standing Hip Abduction



HIP ABDUCTION Instructions: Standing at a STABLE object such as sink or countertop with your toes pointed straight ahead, lift your leg slowly out to the side and return to the starting position. Do not twist or lean your trunk as you lift.

- **Perform 2 sets of 10 repetitions, 2 - 3 times per day**

For questions, please call our office at 615-791-2630.