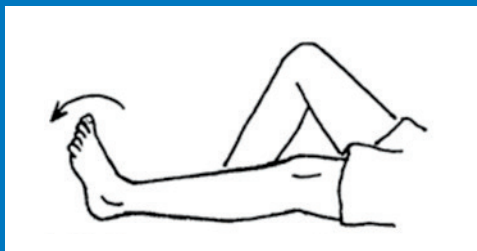


RECOVERING FROM TOTAL HIP REPLACEMENT

Home Exercises For Your New Hip

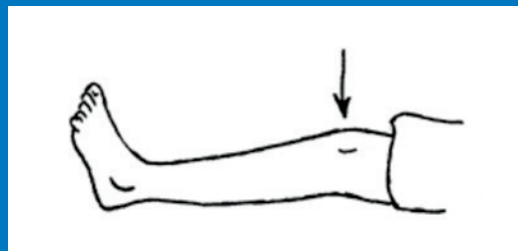
You will be able to walk before you are discharged from the Surgery Center. We do not recommend formal physical therapy following a hip replacement. During your pre-hab, the physical therapist will outline a home-exercise program. Walking and doing the exercises you were taught during pre-hab as well as the exercises demonstrated below are all that most people require. Some may need formal therapy and that will be determined by your surgeon. Begin these exercises the morning after your surgery, with 1 set of 10 repetitions of each exercise. Starting the next day, increase this to 3 sets of 10 repetitions for each exercise, and do this for 3 concentrated efforts per day. Ice your hip for a minimum of 30 minutes after each exercise session.

Ankle Pump



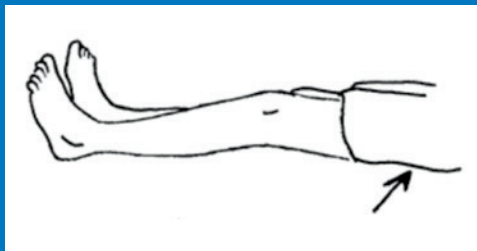
Move your foot back and forth as if pressing on a gas pedal.

Quad Set



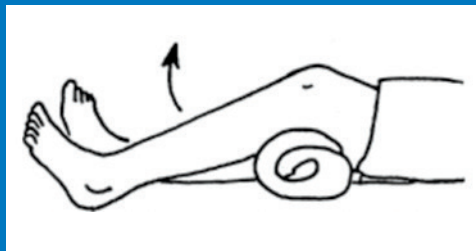
Tighten muscles on top of the thigh by pushing the knee down. Hold for 5 seconds.

Gluteal Set



Squeeze your bottom together. Do not hold your breath. Hold for 5 seconds.

Short Arc Quad

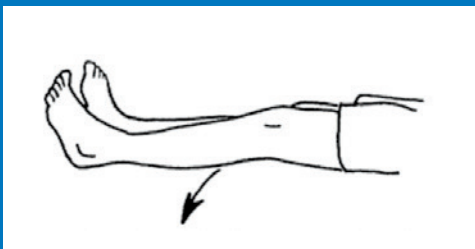


With the knee over a bolster, straighten the knee by tightening muscles on top of the thigh.

RECOVERING FROM TOTAL HIP REPLACEMENT

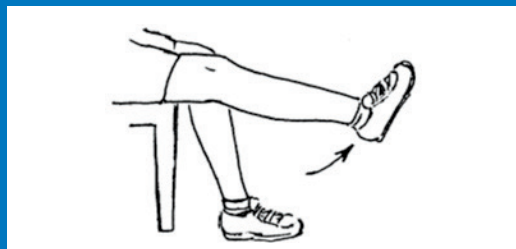
Home Exercises for Your New Hip

Hip Abduction Slide (sideways)



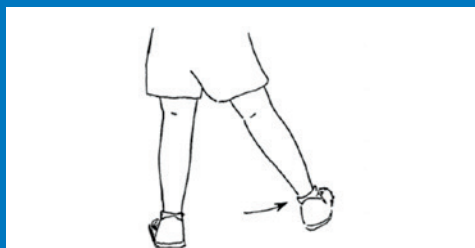
Keeping your toes pointed at the ceiling, slide your operated leg out to the side as far as possible. Return to starting position.

Long Arc Quad



While sitting, straighten your knee and hold for 5 seconds. Return knee to bent position.

Standing Hip Abduction (sideways)



Stand holding onto a kitchen counter or dresser. Slowly raise the leg out to the side, keeping toes pointing straight ahead.

Help, I can't Raise my Leg!

For the first week or two after a total hip replacement, many people cannot independently lift their leg and require assistance. This is normal. After 1 to 2 weeks, you will regain the ability to raise your leg and will no longer require much, if any, assistance to lift it. When you can raise your leg on your own, it is generally much easier for you to get in and out of bed independently. If you cannot raise your leg on your own, it does not mean you are behind, not working hard enough, or that something has gone wrong. It just takes time. **We do NOT recommend working on active hip flexion exercises and strengthening (such as straight leg raises) until after six weeks from surgery.**