



TOTAL (ANTERIOR) HIP REPLACEMENT HOME EXERCISE PROGRAM

Anterior Hip Precautions:

The provocative position for hip dislocation is: hip extension, external rotation. This approach has fewer restrictions.

- Do not step backwards with surgical leg. No hip extension.
- Do not allow surgical leg to externally rotate (turn outwards).
- Do not cross your legs. Use a pillow between legs when rolling.
- Sleep on your surgical side when side lying.

Home Exercise Program below is to be completed starting 2-3 days after surgery about 2-3x/day as tolerated.

Exercise 1: Strengthening Hip Abduction



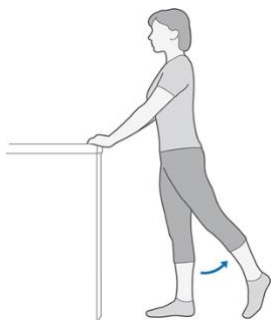
- ✓ Standing on nonsurgical leg; lift surgical leg sideways, be careful not to rotate leg outwards.
- ✓ Hold for 5 seconds and bring back slowly, keep body straight throughout.
- ✓ **NOTE:** Hold onto a chair or work surface for support.
- ✓ 3 sets of 10 reps

Exercise 2: Strengthening Hip Flexion



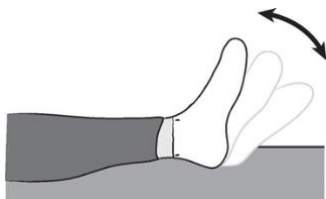
- ✓ Standing on nonsurgical leg; lift surgical knee up towards chest.
- ✓ **DO NOT BRING ABOVE 90 degrees;** try for about 70 degrees.
- ✓ Hold for 2 or 3 seconds and put leg down.
- ✓ **NOTE:** Hold onto a chair or work surface for support.
- ✓ 3 sets of 10 reps

Exercise 3: Strengthening Hip Extension



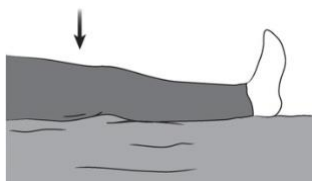
- ✓ Standing on nonsurgical leg; move your leg backwards, keeping knee straight.
- ✓ Clench buttock tightly and hold for 5 seconds. Do not lean forward. Lift foot only 1 cm off floor.
- ✓ **NOTE:** Hold onto chair or work surface for support.
- ✓ 3 sets of 10 reps

Exercise 4: Ankle Pumps



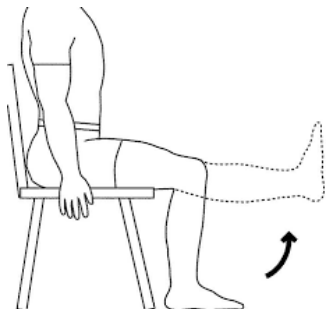
- ✓ Slowly push your foot up and down.
 - ✓ Repeat this exercise several times, as often as every 5 or 10 minutes.
 - ✓ If you are watching television, you should pump your feet every time a commercial comes on.
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Exercise 5: Quadriceps Sets



- ✓ While lying in bed pull toes back (flex foot) and tighten your thigh muscle. Try to straighten your knee.
 - ✓ Squeeze buttock simultaneously and keep leg flat onto bed.
 - ✓ Hold for 5 to 10 seconds.
 - ✓ 3 sets of 10 reps, one minute rest between sets
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Exercise 6: Long Arc Quadriceps



- ✓ Sit in sturdy chair or at edge of bed, lift foot, straighten knee
- ✓ Hold for 5 seconds, lower foot down, bending knee
- ✓ 3 sets of 10 reps