
HIP REPLACEMENT SURGERY:

HOME EXERCISE PROGRAM

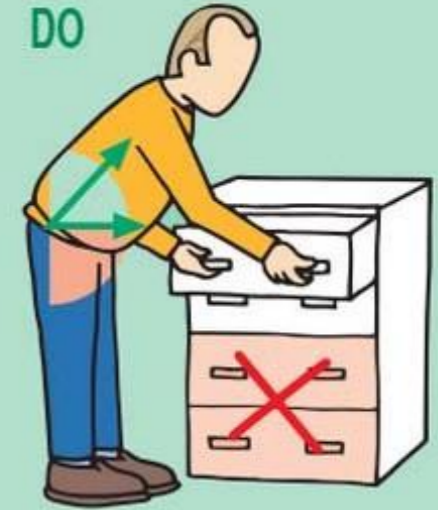
HIP PRECAUTIONS TO PREVENT DISLOCATION OF THE NEW JOINT

DON'T bend at your hip past 90°.



When sitting, **ALWAYS** keep your knees lower than your hips.

DO



Avoid bending more than 90°.

DON'T

let your knee move inward past your navel.

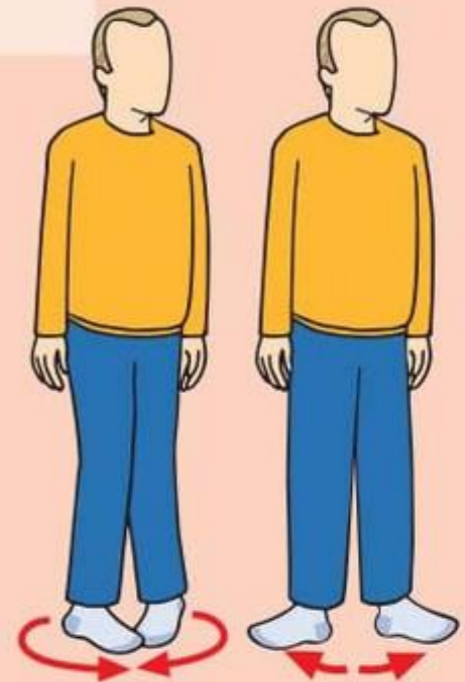


DON'T

turn your feet in or out.

DO

use pillows between your legs at night to keep your hips properly aligned.



IMPORTANT EXERCISES TO DO BEGINNING THE FIRST DAY AFTER SURGERY

The goals of this phase are to begin strengthening the supporting muscles surrounding your hip, start to improve your endurance and to resume 'light' activities of daily living.

STRENGTHENING EXERCISES

Do each exercise slowly and in a controlled manner. You may feel some mild discomfort with some of them, but they should not be painful. Movement should feel easier each day as you recover. If in doubt, contact your surgeon or physical therapist. All of these exercises are shown and explained over the next few pages. Perform both sets of exercises two to three times a day, doing each exercise 15 times, unless otherwise directed by your physical therapist or doctor.

Exercises to do on your bed:

1. Ankle pumps
2. Quad sets
3. Glute sets
4. Heel slides
5. Leg kicks
6. Straight leg raises

Exercises to do in a chair:

1. Ankle pumps
2. Marches

3. Leg kicks
4. Leg curls

ENDURANCE ACTIVITY

Walk at a light-to-moderate pace after your surgery to work on your walking abilities. It is very important to use your walker early after your surgery so that you do not put your full weight through the new joint as this can be very painful. When starting a walking program, you can do as short as 1-2 minutes at a time multiple times a day, such as during commercial breaks while watching television. Gradually increase the amount you do at once as you can tolerate.

EXERCISES TO DO ON YOUR BED

COMPLETE 15 REPETITIONS, 2-3 TIMES PER DAY



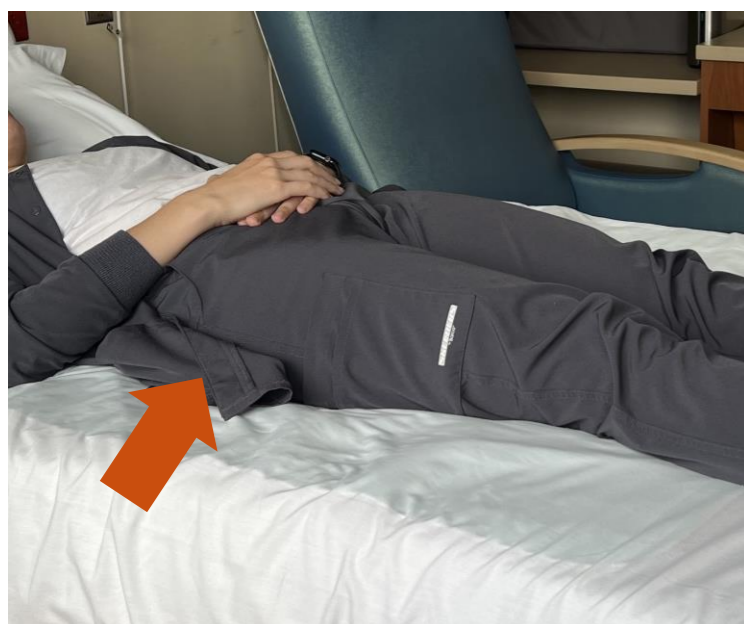
ANKLE PUMPS

Slowly pull your foot back toward you, and then point your foot away from you. Repeat.



QUAD SETS

This exercise is not a lot of movement. Push your knee down into the bed, straightening your knee out as much as possible. You will feel the quad muscle activate. Hold for 2-3 seconds. Relax the muscle and repeat.



GLUTE SETS

This exercise is not a lot of movement. Squeeze your buttocks together and hold for 2-3 seconds. Relax the muscles and repeat.



HEEL SLIDES

Slide your heel on the bed towards your buttocks while slowly bending your knee. Bend the knee as much as you can comfortably. Hold for 2-3 seconds before slowly straightening your knee back to the start position.

EXERCISES TO DO ON YOUR BED

COMPLETE 15 REPETITIONS, 2-3 TIMES PER DAY



LEG KICKS

Place a small bolster or pillow under your knee. Slowly kick your foot up so that your knee is as straight as possible. Hold for 2-3 seconds. Slowly lower your foot back onto the bed before repeating.



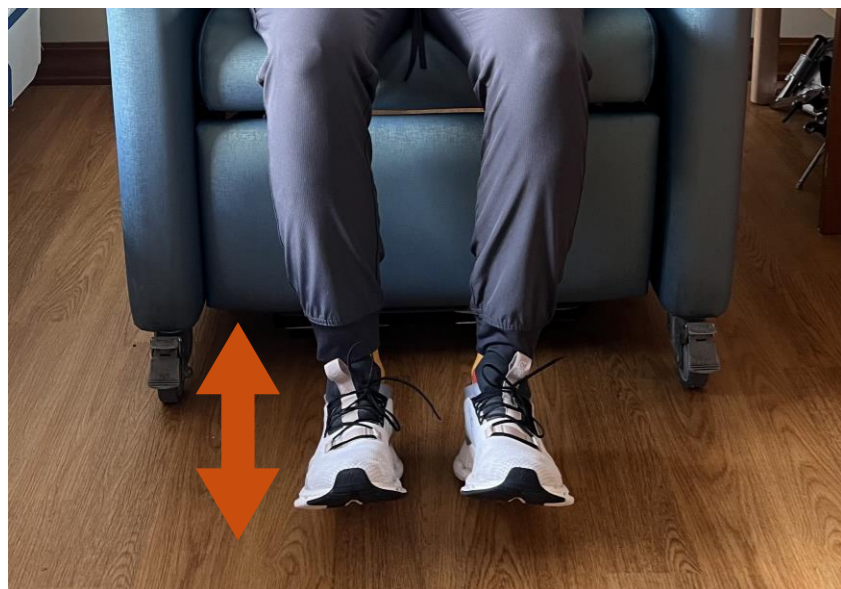
STRAIGHT LEG RAISE

Straighten your knee out completely, pull your toes back towards your nose. Slowly lift your leg off of the bed, making sure the knee stays completely straight. Slowly lower the leg back onto the bed.

TIP: Bend your opposite leg and plant your foot to protect your back.

EXERCISES TO DO IN A CHAIR

COMPLETE 15 REPETITIONS, 2-3 TIMES PER DAY



ANKLE PUMPS

Lift your toes up from the floor and slowly return them back to the floor. Repeat.



MARCHES

Slowly lift your knee up as if you are marching, then slowly return your foot to the floor. Do not lift your knee more than a few inches. Repeat.



LEG KICKS

Slowly kick your foot up so that your knee straightens out as much as possible. Hold for 2-3 seconds before slowly returning your foot to the floor.



LEG CURLS

Put the exercise band behind your ankle. Slowly bend your knee and pull your foot back toward you. Hold for 2-3 seconds before slowly bringing your leg forward.



TIPS FOR PAINLESS MOVEMENT

- ✓ **ALWAYS PLACE YOUR SURGICAL LEG FORWARD BEFORE YOU SIT OR STAND**
- ✓ **REMEMBER THE PHRASE “UP WITH THE GOOD AND DOWN WITH THE BAD” WHEN DOING STEPS**
- ✓ **TAKE BREAKS OFTEN AND ALLOW YOURSELF EXTRA TIME TO DO YOUR ACTIVITIES OF DAILY LIVING**

HOW TO: GET IN AND OUT OF A CHAIR



- 1. APPROACH A CHAIR WITH ARM RESTS USING YOUR WALKER, BACK UP TO THE CHAIR UNTIL YOU CAN FEEL THE CHAIR BEHIND YOUR LEGS**

- 2. PLACE YOUR SURGICAL LEG FORWARD AS SHOWN IN THE SECOND IMAGE TO MINIMIZE PAIN WITH SITTING**

- 3. REACH BACK FOR THE ARMRESTS OF THE CHAIR AND SLOWLY SIT DOWN**

- 4. TO STAND UP, PUT YOUR SURGICAL LEG FORWARD AND PUSH UP FROM THE ARMRESTS OF THE CHAIR WITH BOTH HANDS**

HOW TO: GET IN A CAR



- 1. SET THE CAR SEAT AS FAR BACK AS POSSIBLE FOR ADEQUATE LEG ROOM RECLINE THE SEAT BACK FOR ADDITIONAL ROOM**

- 2. APPROACH THE PASSENGER SIDE OF THE CAR WITH YOUR WALKER, BACKING UP UNTIL YOU CAN FEEL THE CAR BEHIND YOUR LEGS**

- 3. PLACE YOUR SURGICAL LEG FORWARD**

- 4. REACH BACK FOR THE TOP OF THE SEAT WITH YOUR RIGHT HAND AND THE DOOR/DOOR HANDLE WITH YOUR LEFT BEFORE SLOWLY SITTING DOWN**

- 5. SCOOT YOUR BOTTOM BACK ONTO THE SEAT AS FAR AS YOU CAN**

- 6. LEAN BACKWARDS ONTO THE SEAT AND USE YOUR LEG STRAP TO ASSIST YOUR SURGICAL LEG INTO THE CAR**

HOW TO: GO UP ONE STEP WITH A WALKER



- 1. APPROACH THE STEP WITH YOUR WALKER, GETTING CLOSE TO THE STEP**

- 2. PLACE THE WALKER ONTO THE STEP**

- 3. STEP UP WITH YOUR “GOOD” LEG FIRST - THIS WILL PROTECT YOUR NEW HIP**

- 4. THEN STEP UP WITH YOUR “BAD” LEG**

HOW TO: GO DOWN ONE STEP WITH A WALKER



- 1. APPROACH THE EDGE OF THE STEP WITH YOUR WALKER, GETTING CLOSE TO THE EDGE**
- 2. PLACE THE WALKER DOWN**
- 3. STEP DOWN WITH THE "BAD" LEG FIRST - THIS PROTECTS THE NEW HIP JOINT**
- 4. NEXT PUT WEIGHT THROUGH YOUR ARMS ON THE WALKER AND STEP DOWN WITH THE "GOOD" LEG**

HOW TO: DO STEPS WITH TWO HAND RAILS



1. PUT BOTH HANDS ON THE HAND RAILS
2. STEP UP WITH THE “GOOD” LEG FIRST
3. THEN STEP WITH THE “BAD” LEG ONTO THE SAME STEP
4. REPEAT FOR THE REMAINDER OF THE STEPS



1. PUT BOTH HANDS ON THE HAND RAILS
2. STEP DOWN WITH THE “BAD” LEG FIRST
3. THEN STEP WITH THE “GOOD” LEG ONTO THE SAME STEP
4. REPEAT FOR THE REMAINDER OF THE STEPS

HOW TO: GO UP STEPS WITH ONE HAND RAIL



- 1. PLACE YOUR HAND ON THE HANDRAIL THAT IS AVAILABLE AND USE A CANE IN YOUR OTHER HAND. KEEP THE CANE ON THE GROUND NEXT TO YOUR FEET.**

- 2. STEP UP WITH “GOOD” LEG FIRST**

- 3. THEN STEP UP WITH “BAD” LEG PUTTING IT ONTO THE SAME STEP**

- 4. FINALLY, BRING THE CANE ONTO THE SAME STEP**

HOW TO: GO DOWN STEPS WITH ONE HAND RAIL



- 1. PLACE YOUR HAND ON THE HANDRAIL THAT IS AVAILABLE AND USE A CANE IN YOUR OTHER HAND. KEEP THE CANE ON THE GROUND NEXT TO YOUR FEET.**

- 2. PLACE THE CANE DOWN ONTO THE NEXT STEP FIRST**

- 3. THEN STEP DOWN WITH “BAD” LEG**

- 4. FINALLY, STEP DOWN WITH YOUR “GOOD” LEG ONTO THE SAME STEP AS THE CANE AND YOUR SURGICAL LEG**

HOW TO: GET INTO BED



- 1. SITTING ON THE SIDE OF THE BED, HOOK THE FOOT OF YOUR “BAD” LEG WITH YOUR STRAP**

- 2. A. IF YOU ARE GETTING INTO THE RIGHT SIDE OF THE BED (PICTURED ABOVE) SCOOT YOUR LEFT HIP BACKWARDS SO THAT THE LEFT LEG IS POSITIONED TO EASILY LIFT ONTO THE BED**

B. IF YOU ARE GETTING INTO THE LEFT SIDE OF THE BED, SCOOT YOUR RIGHT HIP BACKWARDS SO THAT THE RIGHT LEG IS POSITIONED TO EASILY LIFT ONTO THE BED

- 3. USE THE STRAP TO HELP LIFT YOUR LEG ONTO THE BED AND TO HELP MOVE THE LEG SIDEWAYS SO THAT YOU ARE CENTERED ON THE MATTRESS**
