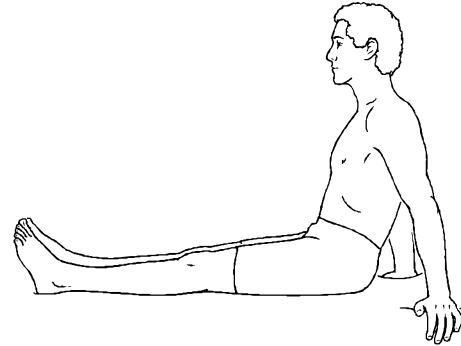


Total Hip Replacement Exercises - These are exercises that will help get your leg and hip stronger and more flexible. Often when starting an exercise program there will be a few days, or even weeks of post-exertional soreness which is normal. Icing the area immediately after exercise for 15 minutes will help decrease that soreness. There may be some discomfort with your exercises but it should not cause pain that lasts more than an hour or two. If you have a therapist tell them about any exercise that is a problem for you.

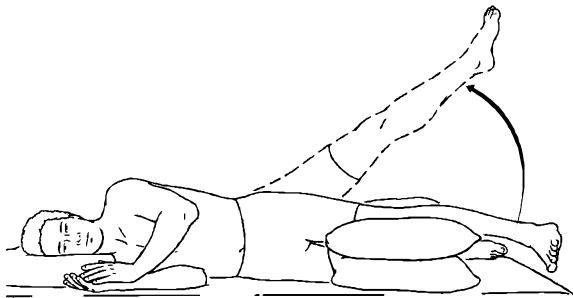
HIP / KNEE - 11 Strengthening: Quadriceps Set



Tighten muscles on top of thighs by pushing knees down into surface. Hold 5 seconds.

Do this 5 times as a warm up for the rest of the exercises.

HIP / KNEE - 62 Hip Abduction: Modified

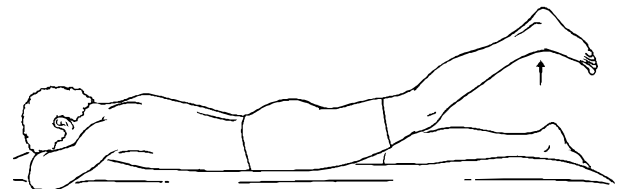


Lying on your uninvolved side with pillow between thighs, raise top leg from pillow, rotating slightly out. Pause at the top then lower the leg.

Do this 10 times per set and 1-2 sets per session.

Do 1 session per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



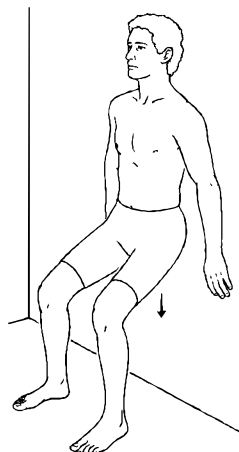
Tighten muscles on front of the involved thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 1-2 sets per session.

Do 1 sessions per day.

HIP / KNEE - 25 Strengthening: Wall Slide

Leaning on wall, slowly lower buttocks until you feel the muscles on your thigh and buttocks tighten. Hold 10 seconds then return to upright.



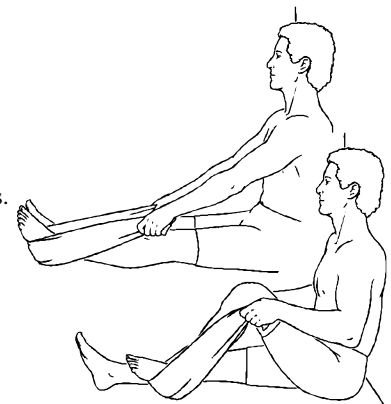
Repeat 10 times per set.

Do 1-2 sets per session.

Do 1 sessions per day.

HIP / KNEE - 46 PROM: Knee Flexion

With towel around the heel of the involved leg. Gently pull knee up with towel until stretch is felt. Hold 10 seconds.

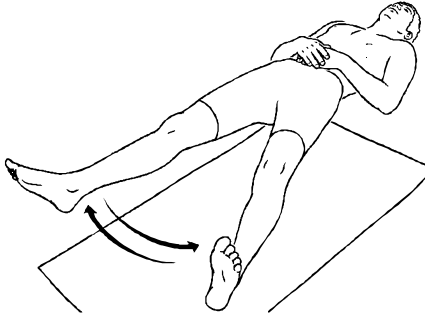


Repeat 10 times per set.

Do 1-2 sets per session.

Do 1 sessions per day.

HIP / KNEE - 50 Hip Abduction / Adduction:
 with Extended Knee (Supine)



Bring leg out to side, pauses and return. Keep knee straight.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

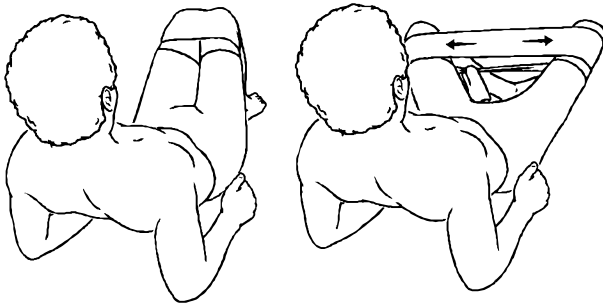
HIP / KNEE - 51 Hip Abduction / Adduction:
 with Knee Flexion (Supine)

With knee of the involved leg bent, gently lower knee to side, pause and return.



Repeat 10 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

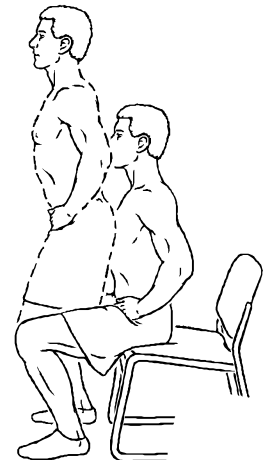
HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted



With band looped around both legs above knees, push thighs apart.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 77 Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



Repeat 10 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

You may need to find a good place to do your exercises and now, before surgery, is the best time to get your place ready. It might require you to move some things around in your residence but doing it now will be easier than later. Make sure you practice your exercises daily to increase your ROM and strength..