

Exercise Guide for Total Hip Replacement Surgery

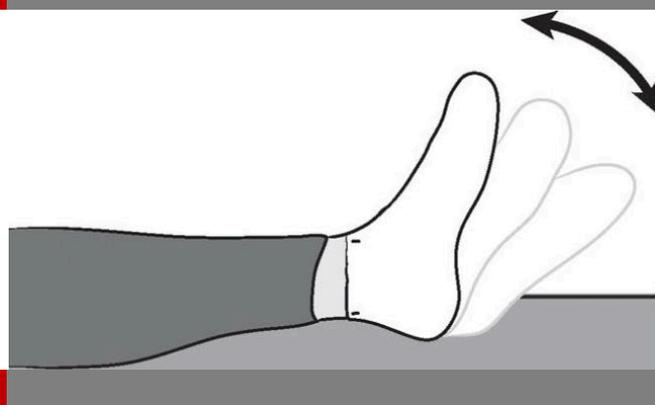
Based on recommendations from
the American Academy of Orthopaedic Surgeons
(AAOS)
orthoinfo.aaos.org

Early Postoperative Exercises

- ❖ The main goal of these exercises is to strengthen your muscles and to improve the motion of your hip
- ❖ These exercises have the added benefit of increasing the blood flow through your legs that helps to prevent blood clots
- ❖ You may begin as early as right after surgery in the recovery room
- ❖ There will be discomfort in the beginning, but these exercises will help speed up your recovery and will also help with pain
- ❖ **All exercises should be done at least TWICE A DAY – EVERY DAY OF THE WEEK**
- ❖ **If you start to feel pain or tired during a certain exercise: stop, take a break, and switch to a different exercise. You may return to that exercise later when you feel that it is safe to do so.**

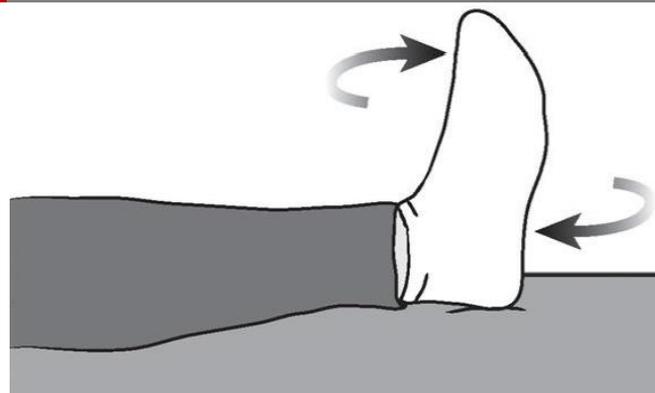
Ankle Pumps

- ❖ **Equipment needed:** none
- ❖ **Directions:**
 - ▶ Move your foot up and down by tightening your shin and calf muscles, respectively
 - ▶ Switch and repeat for your other leg
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.



Ankle Rotations

- ❖ **Equipment needed:** none
- ❖ **Directions:**
 - ▶ Move your ankle inward toward your other foot
 - ▶ Move your ankle outward away from your other foot
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.

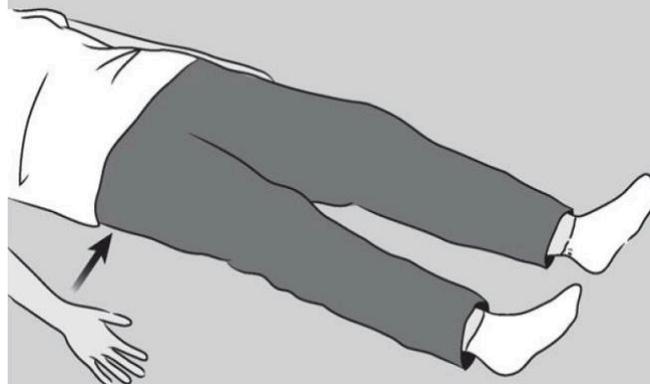


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Buttock Contractions

- ❖ **Equipment needed:** none
- ❖ **Directions:**
 - ▶ Tighten your buttock muscles
 - ▶ Hold for about 5 seconds. Repeat
 - ▶ Do the same for your other side
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.



Knee Bends / Heel Slides

- ❖ **Equipment needed:** none
- ❖ **Directions:** to be done while **ON THE BED**
 - ▶ To be done while laying down and keeping your other leg straight
 - ▶ Slide your foot towards your buttocks, making sure to fully bend your knee while keeping your heel on the bed – **do NOT let your knee roll inward**
 - ▶ Hold your knee bent to as much as you can tolerate for about 5 seconds or more
 - ▶ Release and slowly straighten back out. Repeat.
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.



Abduction Exercise

- ❖ **Equipment needed:** none
- ❖ **Directions:** to be done while **ON THE BED (supported bends)**
 - ▶ To be done while laying down and keeping your other leg straight
 - ▶ While keeping your surgical leg straight, slide that same leg out to the side as far as you can
 - ▶ Release and slowly slide your leg back towards your center. Repeat.
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.



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Standing Knee Raise

- ❖ **Equipment needed:** a chair or wall for balance and stability
- ❖ **Directions:**
 - ▶ To be done while standing and holding on to a firm surface for balance and stability
 - ▶ Lift your surgical leg toward your chest
 - ▶ **DO NOT LIFT HIGHER THAN YOUR WAIST**
 - ▶ Hold for 3 seconds
 - ▶ Release and gently lower leg back down. Repeat.
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.



Standing Hip Abduction

- ❖ **Equipment needed:** a chair or wall for balance and stability
- ❖ **Directions:**
 - ▶ To be done while standing and holding on to a firm surface for balance and stability
 - ▶ Stand so that your hip, knee, and feet are pointing straight forward
 - ▶ Keep your body straight
 - ▶ While keeping the surgical leg straight, lift that leg out to the side
 - ▶ Gently lower your leg back down to its prior position. Repeat.
- ❖ **Repetitions:** 3 sets of 10 repetitions. Repeat twice a day.

