

Post-op Total Hip Exercises: Phase II

Position Precautions

You may now cross your ankles but not your knees. Occasionally it will be necessary to bend the hip more than 90 degrees, such as getting up from a chair with no arms, getting in and out of a car, and putting your shoes and socks on. Whenever the hip is flexed greater than 90 degrees, it **must** be held widely out to the side. Keep the knees apart.

Exercises

Stretching: Each exercise should be performed for 5 minutes. All exercises should be performed twice a day.

1. Sit in a chair with the knees apart and feet together. Gently bend reaching for the foot of the involved leg, reaching along the inside of the leg. You should feel some pulling and stretching. You should not feel sharp pain. Go as far as you can tolerate and hold for 5 seconds. Relax for 5 seconds and repeat.



2. Lie on your back with the knees bent, keeping your feet together on the bed. Let the knees fall widely apart. Place your hands on the inside of your thighs and gently push your knees apart. You should feel a pulling and stretch in the groin. You should not feel sharp pain. Hold the stretch for 5 seconds. Relax for 5 second and repeat.



3. Leg lifts are to be done in two different positions: lying on your back (supine), and lying on the opposite (non-operated) hip.
- Supine position: Lift the leg approximately 12-18 inches off the bed and hold it for 5 seconds. During this count contract all the muscles in the leg performing and “isometric” contractions, then slowly let the leg down. Relax for 5 seconds and repeat.



- Side position: Turn onto your side, lying on the non-operated hip. Lift the leg approximately 2 feet away from the lower leg, keeping the knee straight. Hold for 5 seconds while performing an isometric contraction. Relax for 5 seconds and repeat.



- For both leg lifts, work up to performing 15 to 30 repetitions. When you can do 30 repetitions easily, add one pound of weight at the ankle, either with a commercial ankle weight or by placing one can of food in a purse hanging from your ankle. When you again reach 30 repetitions, increase to two pounds of weight and work back up to 30 repetitions. When you reach 30 repetitions with two pounds, your muscles are at a normal strength.

Stationary bicycle

- The stationary bicycle is a good exercise, if you have one available. The seat should be placed in a high position so that your hip is not flexed beyond 90 degrees. You should begin with gentle resistance and increase as tolerated.

Swimming

- This is an excellent exercise. Use a gentle flutter kick and avoid the frog kick. Side stroke with scissor kick is also allowable.

Walking

- Walking is also a good exercise. We encourage you to wear shoes that have a cushioned heel to avoid excessive impact on the knees while walking.

Driving

You may begin to drive approximately six weeks after surgery but this should be approved by the provider. Caution should be used when entering and existing the vehicle to be sure that your hip is in the appropriate position (legs apart when flexed greater than 90 degrees).

Sexual intercourse

Sexual intercourse is not recommended for the first 6 weeks after surgery. You must be able to follow the precautions outlined above. Forcible separation of the legs at any time can cause injury to the hip. After six weeks, routine sexual intercourse should be possible.

Permanent restrictions

Impact loading activities such as singles tennis, racket ball, jogging, jumping, or lifting objects greater than 20 pounds on a routine basis are to be avoided.