

Clinician Notes

THA Phase 1 (Weeks 1-2)

STEP 1



STEP 2



Supine Ankle Pumps

REPS: 20 | SETS: 1 | DAILY: 5 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

STEP 1



Supine Gluteal Sets

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

STEP 1



STEP 2



Supine Quadricep Sets

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

STEP 1



STEP 2



Supine Isometric Hamstring Set

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

STEP 1



STEP 2



Supine Heel Slide

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.



Supine Hip Abduction

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your legs straight.

Movement

Move one leg out to the side as far as you can without bending at your side.

Tip

Make sure to keep your back on the ground and do not move your upper body during the exercise.



Bent Knee Fallouts

REPS: 10 | SETS: 1 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Engage your abdominals and slowly lower one knee towards the ground. Return to the starting position and repeat with the other leg.

Tip

Make sure to breathe and do not allow your hips or trunk to rotate during the exercise.



Supine Knee Extension Strengthening

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with one knee bent and the other resting on a ball.

Movement

Straighten your knee by contracting your thigh muscles, keeping the back of your knee on the pillow.

Tip

Make sure not to arch your back during the exercise.



Supine Straight Leg Raises

REPS: 10 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back on a bed or flat surface with your surgical leg straight and your other leg bent.

Movement

Pull your toes toward your body, keeping your knee straight, and slowly lift your surgical leg off the bed until it is close to parallel with your other thigh. Hold briefly, then lower it back down to the starting position and repeat.

Tip

Make sure to keep your thigh muscles tight and your knee straight. Do not turn your foot or hip in or out during the exercise.



Seated Long Arc Quad

REPS: 5 | SETS: 1 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.