

Clinician Notes

THA Phase 2 (Weeks 2-3)

STEP 1



STEP 2



Heel Raises with Walker and Chair

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

Setup

Begin in a standing upright position in front of a chair with your feet hip width apart and your hands on your walker.

Movement

Lift your heels, rising up onto the balls of your feet, then slowly lower back down to the ground, and repeat.

Tip

Make sure to keep your knees straight and maintain your balance during the exercise. You can also do the exercise with your hands on a counter.

STEP 1



STEP 2



Standing March with Support

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

Setup

Begin in a standing upright position with one hand resting on a counter.

Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

STEP 1



STEP 2



Standing Hip Abduction with Counter Support

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

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

STEP 1



STEP 2



Standing Knee Flexion AROM with Chair Support

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

Setup

Begin standing with your hands resting on a stable surface.

Movement

Pick up one foot and bend your knee as far as you can. Then, lower your leg back to the floor and repeat.

Tip

Make sure to keep your back straight and maintain your balance throughout the exercise.

STEP 1



STEP 2



Mini Squat with Counter Support

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

Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

STEP 1



STEP 2



STEP 3



Sit to Stand with Armchair

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

Setup

Begin sitting upright with your feet flat on the ground and your hands on the armrests of the chair.

Movement

Lean your torso forward so your head is over your toes, then press into your feet and hands to stand up. Slowly sit back down using the armrests for support and repeat.

Tip

Make sure to maintain your balance and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.

STEP 1



STEP 2



Church Pew

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

Setup

Begin in a standing upright position in front of a chair with the backs of your legs touching the chair.

Movement

Slowly shift your weight forward, hold briefly, then slowly shift your weight backward, hold briefly, and repeat.

Tip

Make sure to maintain your balance and keep your movements slow and controlled. Try to keep your heels and toes on the ground during the exercise.

STEP 1



STEP 2



STEP 3



Retro Step

REPS: 10 | SETS: 1 | HOLD: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet together.

Movement

Step backward with your involved leg, shifting your weight onto your back heel, and lift the toes of your front foot off the ground. At the same time, raise your opposite hand overhead. Return to the starting position and repeat.

Tip

Make sure to maintain your balance and focus on tightening your gluteal muscles of your back leg to control the weight shift.