

Clinician Notes

THA Phase 3 (Weeks 3-5)

STEP 1



STEP 2



Forward Step Up

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

Setup

Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

Movement

Step forward onto the step with one foot, then step up with your other foot. Step back down to the ground in the reverse order.

Tip

Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

STEP 1



STEP 2



STEP 3



Lateral Step Up with Counter Support

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

Setup

Begin in a standing upright position with a small step or platform on the ground to your side and your hands resting on a counter in front of you.

Movement

Step up onto the platform with the foot closest to it, then follow with your other foot. Step down on the other side of the platform one foot at a time. Reverse the motion back to the starting position and repeat.

Tip

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

STEP 1



STEP 2



STEP 3



Partial Lunge with Chair

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

Setup

Begin in a standing upright position next to a chair.

Movement

Holding onto the chair as needed, take a large step forward and slowly lower your body into a mini lunge position. Return to standing and repeat.

Tip

Make sure to maintain your balance and do not let your knee move forward over your toes.

STEP 1



STEP 2



Side Lunge with Counter Support

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

Setup

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

Movement

Step to the side with one leg, lowering your body into a side lunge position and keeping your other leg straight. Slowly return to the starting position and repeat.

Tip

Make sure to keep your trunk upright and use the counter to help you balance as needed. Do not let your knee collapse inward or bend forward past your toes.

STEP 1



STEP 2



STEP 3



Sidestepping

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

Setup

Begin standing upright. Bend your hips and knees into a mini squat position.

Movement

Slowly step sideways, then step back to the starting position in the opposite direction.

Tip

Make sure to keep your feet pointing straight forward, your abdominals tight, and do not let your knees collapse inward during the exercise.

STEP 1



STEP 2



Backwards Walking

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

Setup

Begin in a standing upright position in a flat open space.

Movement

Slowly walk backwards.

Tip

Make sure to maintain your balance and good posture as you take each step.

STEP 1



STEP 2



Walking March

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

Setup

Begin in a standing upright position with both elbows bent at 90 degree angles.

Movement

March slowly forward, lifting one leg to a 90 degree angle, bringing the arm on the same side backward, and opposite arm forward.

Tip

Make sure to maintain upright posture and move your arms and legs continuously in unison.