

Total Hip Replacement Rehabilitation Exercises

It is important to consistently perform the exercise prescribed by your Physical Therapist in order to regain the range-of-motion and strength in your hip needed to resume activities such as walking, climbing stairs, and getting in and out of a car without difficulty.

It is not unusual to experience some pain during the exercise session. As a general rule, your pain should subside to the pre-exercise level within 60 minutes following completion of the activity. The exercises that follow will be reviewed and prescribed by your HCR Physical Therapist, who will fill in the blanks to create a specific program for you. Please contact your HCR Physical Therapist if you experience substantial difficulty with pain while performing any of the exercises prescribed.

Phase I

☐ Ankle Pumps

(1) Slowly bend the foot up and down at the ankle. Repeat ____.



☐ Quadriceps Sets

(2) Tighten the thigh muscle and push the back of the knee into the bed. Hold ____ seconds. Repeat ____.



Phase I (Continued)☐ **Gluteus Sets**

(3) Tighten buttock muscles. Hold ____ seconds. Repeat ____.

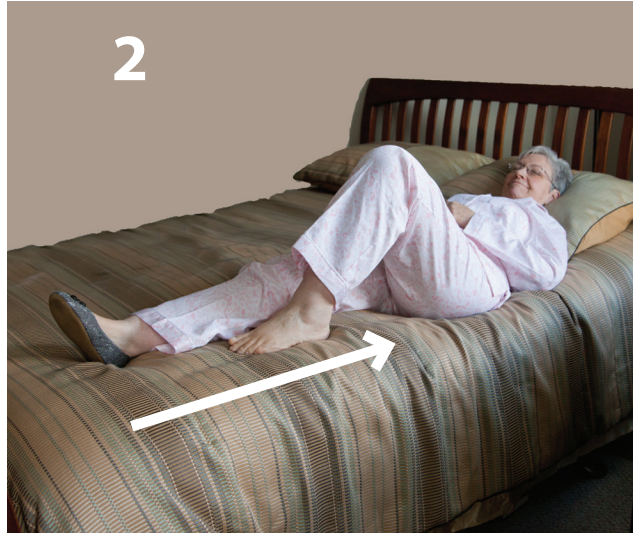
☐ **Short Arc Quads**

(4) Place rolled towel, pillow, or coffee can under the knee; raise heel off bed to straighten knee. Hold ____ seconds. Repeat ____.

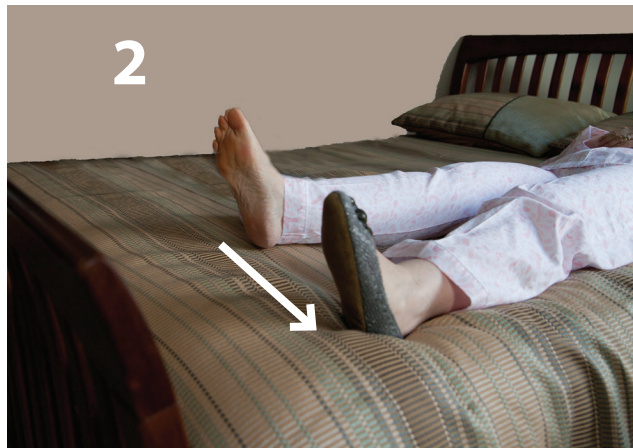


Phase I (Continued)**❑ Heel Slides**

(5) Bend the involved knee by sliding the heel toward your bottom. Hold ____ seconds. Repeat ____.

**❑ Hip Abduction**

(6) With toes of the involved leg pointing directly to the ceiling, slide your whole leg to the side and return. DO NOT LIFT YOUR LEG OFF THE BED. Repeat ____.



Phase II**☐ Standing Toe Raises**

(1) Stand and hold on to a solid object. Raise up on your toes. Repeat ____.

**☐ Standing Knee Flexion**

(2) Stand and hold on to a solid object. Slowly bend the involved knee until tension prevents any more motion. Keep the knees together throughout the motion. Hold ____ seconds. Repeat ____.



Phase II (Continued)☐ **Standing Hip Flexion**

(3) Stand and hold on to a solid object. Slowly raise the involved knee by bending the hip upward as shown. Do not exceed _____. Repeat _____.

☐ **Standing Hip Abduction**

(4) Stand and hold on to a solid object. Slowly raise the involved leg directly to the side while keeping the knee straight and toes straight ahead. Repeat _____.



Phase II (Continued)**☐ Standing Hip Extension**

(5) Stand and hold on to a solid object. Slowly extend involved straight leg backwards. Keep your head and chest upright. Repeat ____.

**☐ Resisted Hip Abduction**

(6) Sit in a chair or on the edge of your bed. Tie ____ band around your knees while your knees are together. Push knees slowly apart. Repeat ____.



Phase III**❑ Bridging**

(1) Lie on your back with your hips and knees bent so that your feet are flat. Raise your bottom up off the bed as shown. Repeat ____.

**❑ Mini Squats**

(2) Stand and hold on to a solid object. Bend knees slowly. DO NOT EXCEED ____ at the hips. Keep your head and chest up. Repeat ____.



Phase III (Continued)

☐ Step Ups

(3) Hold on to a solid object for support. A step stool may be used. Place the _____ foot on the stool and step up with the _____ leg. Repeat _____.



☐ Walk! Walk! Walk!

(4) Walking is the best exercise for the rehabilitation of your new hip. Please use the appropriate assistive device as directed by your Surgeon or HCR Physical Therapist.

