

ORTHOPAEDIC SERVICES

TOTAL HIP REPLACEMENT EXERCISES

General Instructions:

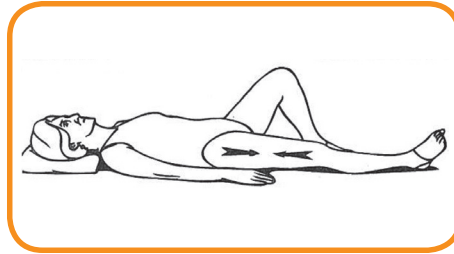
Exercises to be done before, during and after your hospital stay. Perform only those exercises indicated by your physical therapist. For all exercises, perform 20 repetitions **slowly**.



1. Ankle Pumps

Gently point toes up towards your nose and down towards the surface. Do both ankles at the same time or alternating feet.

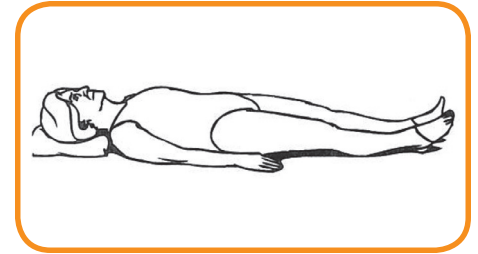
Coaches note: Perform throughout the day, 10 per hour while awake.



2. Quad Sets

Slowly tighten thigh muscles of legs, pushing knees down into the surface. Hold for 5 count.

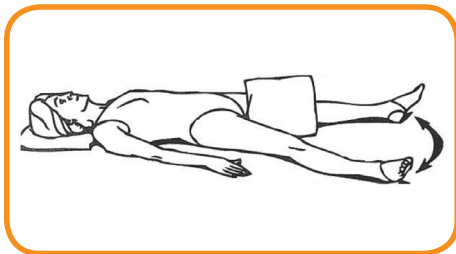
Coaches note: Look and feel for the muscle above the knee to contract. As strength improves, the heel should come slightly off the surface.



3. Gluteal Sets

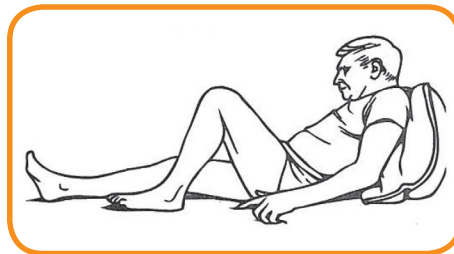
Squeeze the buttocks together as tightly as possible. Hold for 5 count.

Coaches note: Patient can place hands on right and left gluteal (buttocks) area and feel for equal muscle contractions.



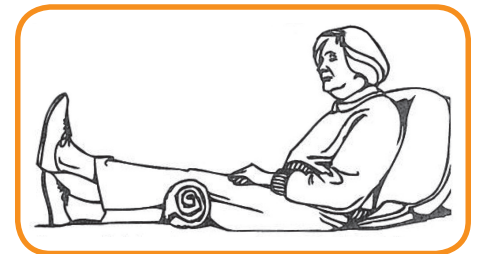
4. Abduction and Adduction

Slide leg out to the side. Keep kneecap and toes pointing toward ceiling. Gently bring leg back to pillow. May do both legs at the same time.



5. Heel Slides

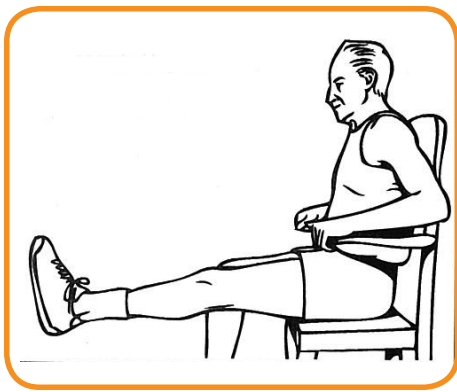
Bend knee and pull heel towards buttocks. If needed, assist by pulling with a bed sheet placed under the foot for increased knee bend.



6. Short Arc Quads

Place a large rolled towel (about 8" diameter) under the leg. Straighten knee and leg. Hold straight for 5 count.

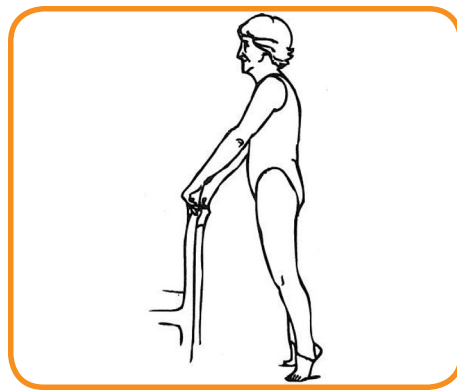
Coaches note: Work for full extension (straightening) of the knee. Assist with hand under heel, encouraging lifting the foot from the hand.



7. Knee Extension - Long Arc Quads

Slowly straighten operated leg and try to hold it for 5 count.

Coaches note: Encourage patient to completely straighten knee.



8. Standing Heel Raises

Hold on to a walker. Rise up on toes slowly for 5 count. Come back to foot flat on the floor.

Coaches note: When lifting up, do not lean backward.



9. Standing Knee Flexion

Holding on to a walker, bend the knee, lifting foot toward buttocks. Hold for 2 count.

Coaches note: The tendency is for the hip to come forward as the knee is bent. Encourage a straight line from the shoulder to knee.



10. Standing Rocks

Begin when directed by PT. Holding onto the walker, place your surgical leg behind you. Rock weight back and forth over the surgical leg keeping the knee straight.

Coaches note: The tendency is for the knee on the surgical leg to bend. Encourage a straight knee on that leg and equal weight bearing through both legs.



11. Standing Partial Squats

Begin when directed by PT. Holding onto the walker, slowly squat by bending your knees and slightly pushing your buttocks out (act like you are about to sit down). Keep both feet on the floor.

Coaches note: Encourage erect posture with eyes forward. Do not bend at the waist.