

Hip Exercises

Perform each exercise below 2-3 times daily starting with 10 reps and working up to 20 reps as able.



Ankle Pumps

Bend ankle, bringing your toes up toward your body as far as possible. Now point toes away from your body.



Quad Sets

Lie on your back with affected leg straight. Press the back of your affected knee downward by tightening the thigh muscle. Hold 5 seconds.



Hamstring set

Lie on your back with your knee partially bent. Press your heel down to the floor. Hold for 3-5 seconds.



Heel Slide

(Goal: 90° by week 2)
Lie flat on back. Slide affected heel toward your buttocks, bending the knee. Hold 3-5 seconds and slowly lower.



Short Arc Quad

Lie on your back with a towel roll or bolster pillow under the knee of your affected leg. Tighten your thigh muscle and lift your foot off the bed until the knee is straight. Then, slowly lower the foot back to the bed.



Long Arc Quad

Sit with feet on floor, straighten knee fully. Pause and lower slowly

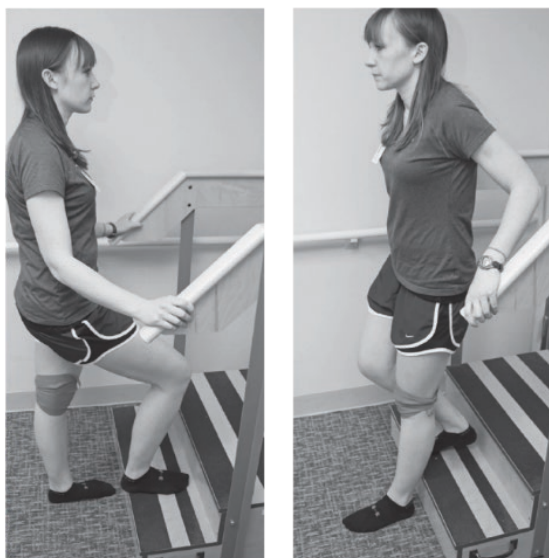


Glut Sets

Lie on your back with legs straight. Squeeze buttocks muscles. Hold 5 seconds and relax.

Stairs

We recommend limiting stair climbing to one to two times per day, or otherwise instructed by your physician or therapist. Have someone with you to help. If there is no handrail, you should have one installed for safety.



Going up stairs (using two handrails)

- With both hands on handrail step up with non-operated leg first.
- Follow with your operated leg, bringing it up to the same step.
- Repeat this sequence until you reach the landing.

Going down stairs (using two handrails)

- With both hands on handrails step down with operated leg first.
- Follow with your non-operated leg, bringing it down to the same step.
- Repeat this sequence until you reach the landing.

*****Remember: Up with the good, down with the bad.*****

We recognize that not everyone will have the step up described above to enter their home; we will work with you on an individual basis during your acute care stay to make the appropriate modifications for you to use your stairs safely at home.

Walker

After surgery, you will be using a walker for stability and increased safety. Depending on strength and overall condition, you will work towards using a cane or crutch after your hospital stay. Your outpatient therapist will help you with this goal. It is recommended that you get a walker, prior to surgery. A two wheeled walker is highly recommended for safety and stability.

To ensure your walker is the right size, hang your hands at your sides. The top of the walker handle should be at the same spot as the crease your wrist. If possible, choose a walker that adjusts at least one inch higher and lower than your actual measurement so you can adjust it as necessary.

