

HIP EXERCISES



- Starting your exercise program pre-surgery and working on mobility early is vital to making your surgery a complete success.
- Please begin these exercises right away and continue until you see the Physical Therapist (PT) and/or Occupational Therapist (OT) following your surgery.

Pre-Operatively: Perform exercises 1-2 sets of 10 reps daily.

Post-Operatively: Perform exercises 2-3 sets of 10, 2-3 times per day as tolerated.

Do exercises with both legs.

#1- CHAIR PUSH-UP



Lift buttocks off seat of chair by pushing down with arms.

#2- KNEE EXTENSION



Sit with back against chair while keeping thigh glued to the seat, and straighten out the knee as much as possible. Make sure the thigh is supported. Slowly lower back down.

#3- SUPINE HEEL SLIDES



Bend knee and slide heel toward buttocks until a stretch is felt. Hold for 5 seconds.

Can use a cookie sheet/plastic grocery bag at home to assist if needed.

#4- QUAD SET



Tighten your thigh muscles and push the back of the knee down towards the bed. Hold 3-5 seconds. For added stretch, prop your heel on a pillow during exercise.

HIP EXERCISES



Pre-Operatively: Perform exercises 1-2 sets of 10 reps daily.

Post-Operatively: Perform exercises 2-3 sets of 10, 2-3 times per day as tolerated.

Do exercises with both legs.

Activity: Be sure to get up at least 1 time per hour, while awake, and take a short walk.

#5- GLUTEAL SQUEEZE



Squeeze buttocks muscles as tightly as possible while counting to 5 and then relax. Do not hold breath.

#6- HIP ABDUCTION



Keeping knee straight and toes pointed up toward the ceiling, bring the surgical leg out to the side about 12 inches. *Can use a cookie sheet/plastic grocery bag at home to assist.*