

# 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 2 sets of 10 reps daily.

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

**Do exercises with both legs.**

- The goal is to get back to doing your normal daily routine. So, do the best you can with these exercises. If you're not tolerating an exercise, please stop doing it and discuss it with your surgeon during your follow-up visit.

## #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.

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**Post-Operatively:** Perform exercises 3 sets of 10, 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- HIP ABDUCTION



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

## #6 GLUTEAL SQUEEZE



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