

PHASE 1 – TO BE DONE DURING FIRST WEEK POST-OP

! Important: Exercise both legs!

Some pain is to be expected. If pain increases significantly stop the exercise. All exercises should be done as tolerated to increase strength. Overdoing exercises may seem like progress while you are doing them, but the next day you will find you have an increase in pain, swelling, stiffness and soreness.

ANKLE PUMPS

1 Set of 10 repetitions per hour while awake

In bed, or while seated

- Move feet up and down at ankle
- Promotes blood circulation and prevents blood clots

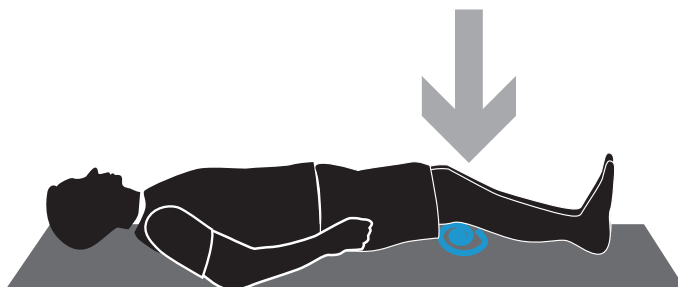


QUADRICEP SET

1 Set of 10 repetitions per hour while awake

Place a small towel roll under your knee

- Lie on back with legs straight
- Push back of knee down into the bed
- Tighten front thigh muscle
- Hold for 5 seconds, then relax muscle



GLUTEAL SET

1 Set of 10 repetitions per hour while awake

In bed, seated or standing

- Tighten/squeeze buttock muscles together
- Hold for 5 seconds, then relax

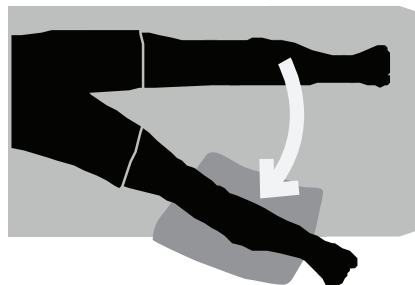


HIP ABDUCTION IN SUPINE

Repetitions:

In bed with pillow case or plastic bag under foot to reduce friction

- Lie on back on firm surface, legs together, toes pointed up towards ceiling
- Move leg out to side, keeping knees straight
- Return to start position



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HEEL SLIDES

Repetitions:

In bed with pillow case or plastic bag under foot to reduce friction

- Lie on back on firm surface, legs together
- Move leg out to side, keeping knees straight
- Return to start position



PHASE 2 – BEGIN THESE EXERCISES AT WEEK TWO OF POST-OP

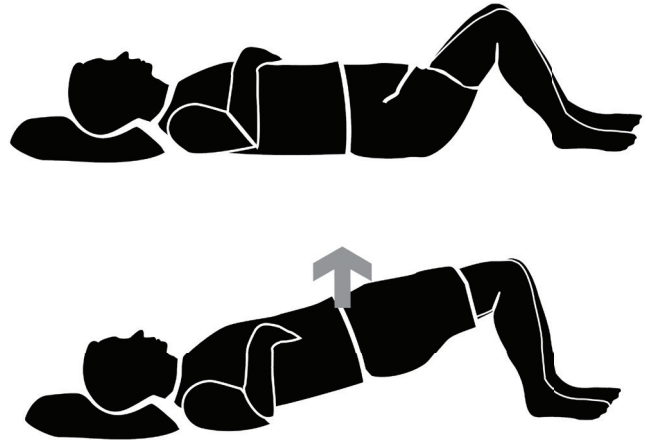
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BRIDGES

Repetitions:

- Lie on back on firm surface, legs together and bent
- Tighten your abdominals and squeeze your buttocks and pelvis off the bed
- Hold and then lower to starting position slowly



SUPINE MARCHES

Repetitions:

Very important to perform this exercise in a pain-free range of motion to not flare up your symptoms at the front of your hip.

- Lie on back on firm surface, legs together and bent
- Tighten your abdominals and bring one knee towards your chest slowly, lifting your foot a few inches
- Bring it back down the repeat with opposite leg

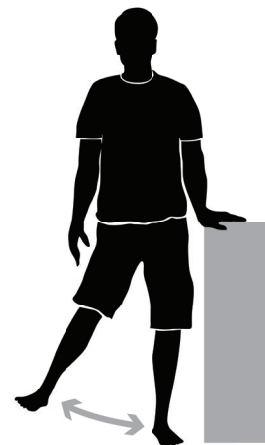


STANDING HIP ABDUCTION

Repetitions:

Standing with support/trunk upright

- Hold table, counter or chair for balance, weight on non-operative leg
- Keep knee straight, move operative leg outward making sure your toes remain pointed forward. Try not to lean at the trunk to assist.
- Return to start position
- Once you can tolerate standing on your operative leg without pain, do this exercise for both legs



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STANDING HIP EXTENSION

Repetitions:

Standing with support/trunk upright

- Hold table, counter or chair for balance, weight on non-operative leg
- Keep knee straight, move operative leg straight backwards making sure your knee stays straight the entire time. Do not bend forward at the waist.
- Return to start position
- Once you can tolerate standing on your operative leg without pain, do this exercise for both legs



PHASE 3 – BEGIN THESE EXERCISES ONCE HIP PRECAUTIONS ARE CLEARED BY PHYSICIAN

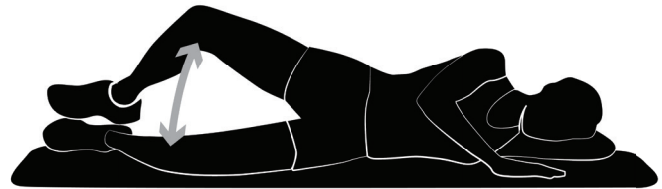
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SIDE-LYING CLAMSHELLS

Repetitions:

- Lie on either side with bent knees and hips with ankles together
- Slowly lift top leg away from bottom leg
- Lift your leg up as high as you can without your upper body and hips rolling backwards
- Return to starting position
- A resistance band around both knees can be added for more of a challenge



SIDE-LYING HIP ABDUCTION

Repetitions:

- Lie on your side and roll slightly forward onto the side of your hip to make sure your hips are stacked on top of each other
- With top leg straight out bend bottom leg back
- Slowly raise top leg up while keeping leg straight and toes pointed forward
- Slowly lower and repeat

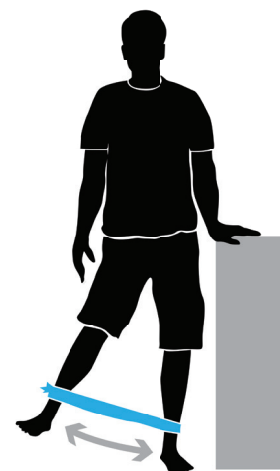


STANDING HIP ABDUCTION WITH BAND

Repetitions:

Standing with support/trunk upright. Perform with elastic band looped around ankles.

- Hold table, counter or chair for balance, weight on non-operative leg
- Keep knee straight, move operative leg outward making sure your toes remain pointed forward. Try not to lean at the trunk to assist.
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STANDING HIP EXTENSION WITH BAND

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