

## Total Hip Replacement Exercise Guide

Regular exercise to restore strength and mobility to your hip and a gradual return to everyday activities are important for your full recovery after hip replacement. Your orthopaedic surgeon and physical therapist may recommend that you exercise for 20 to 30 minutes, 2 or 3 times a day during your early recovery.

# TIP OF THE MONTH

The following exercises will help increase circulation to your legs and feet, which is important for preventing blood clots. They will also help strengthen your muscles and improve hip movement.



### 1. Ankle Pumps

Slowly push your foot up and down. Repeat this exercise several times, as often as every 5 or 10 minutes.

Begin this exercise immediately after surgery and continue it until you are fully recovered.

### 2. Standing Knee Raises

Lift your operated leg toward your chest. Do not lift your knee higher than your waist. Hold for 2 or 3 counts and put your leg down.

Repeat 10 times.

Do 3 or 4 sessions a day.

### 3. Standing Hip Abduction

Be sure your hip, knee and foot are pointing straight forward. Keep your

body straight. With your knee straight, lift your leg out to the side. Slowly lower your leg so your foot is back on the floor.

Repeat 10 times.

Do 3 or 4 sessions a day.

### 4. Standing Hip Extensions

Lift your operated leg backward slowly. Try to keep your back straight. Hold for 2 or 3 counts. Return your foot to the floor.

Repeat 10 times.

Do 3 or 4 sessions a day.

### 5. Stair Climbing and Descending

Use handrail for support and will be able to go only one step at a time. Always lead up the stairs with your good leg and down the stairs with your operated leg.

Repeat 10 times.

Do 3 or 4 sessions a day.

### 6. Resistive Hip Flexion

Using an elastic tube stand with your feet slightly apart. Bring your operated leg forward keeping the knee straight. Allow your leg to return to its previous position.

Repeat 10 times.

Do 3 or 4 sessions a day.

### 7. Resistive Hip Extensions

Using an elastic tube face the door to which the tubing is attached and pull your leg straight back. Allow your leg to return to its previous position.

Repeat 10 times.

Do 3 or 4 sessions a day.