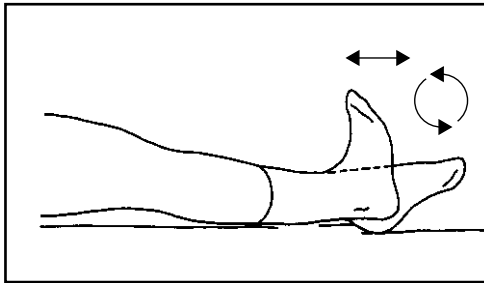
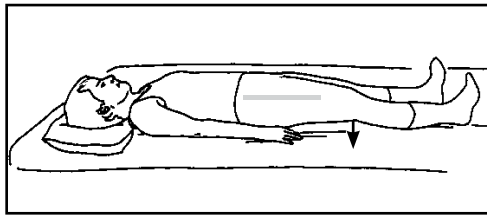


General Hip Exercises After Your Joint Replacement Surgery



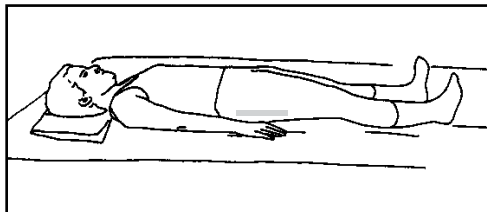
Ankle pumps and circles

Bend both your ankles up, pulling your toes toward you, then bend both your ankles down, pointing your toes away from you. In addition, rotate each foot clockwise and counterclockwise, keeping your toes pointed toward the ceiling.



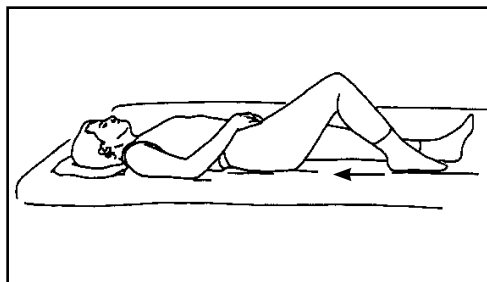
Thigh squeezes (quadriceps sets)

Tighten the muscles on the front of your thigh by pushing the back of your knee down into the bed. Hold for 5 seconds and relax. Repeat with opposite leg.



Buttocks squeezes (gluteal sets)

Tighten your buttocks muscles by squeezing the muscles together. Hold for 5 seconds and relax.



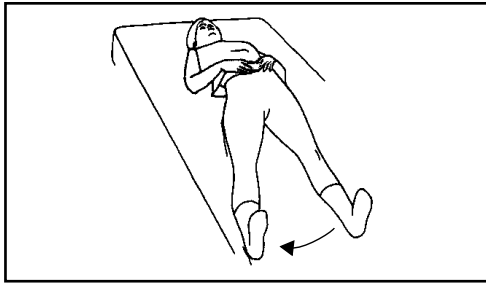
Heel slides (hip and knee flexion)

Bend your hip and knee by sliding your heel up toward your buttocks while keeping your heel on the bed. Slide your heel back down to the starting position. Keep your kneecap pointed up toward the ceiling during the exercise. You may want to use a plastic bag under your heel to help it slide easier. Repeat with opposite leg.

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Important: Depending on your surgery, you may need to keep your hip from bending over a 90-degree angle. Ask your surgeon if you have questions about your restrictions.

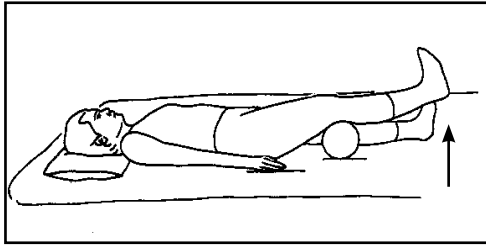
(over)



Leg slides (abduction/adduction)

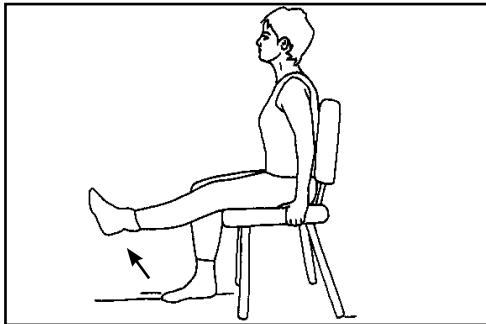
Slide your leg out to the side, keeping your kneecap pointed up toward the ceiling. Slide your leg back to return to the starting position. You may want to use a plastic bag under your heel to help it slide easier. Repeat with opposite leg.

Important: Depending on your surgery, you may not be able to do this exercise on your own. Ask your surgeon if you have questions about your restrictions.



Lying kicks (short arc quadriceps)

Lie on your back with a 3-pound coffee can or rolled blanket under your knee. Straighten your knee. Hold for 5 seconds. Slowly lower your leg down and relax. The back of your knee should stay in contact with the can/blanket during the exercise. Repeat with opposite leg.

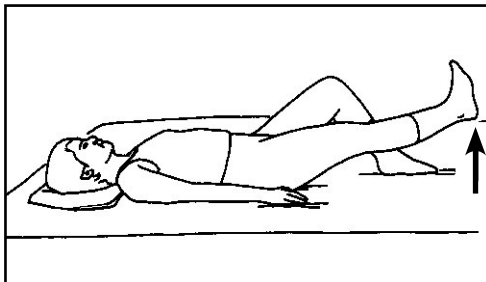


Sitting kicks (long arc quads)

Sit in a sturdy chair. Lift your foot, straightening your knee as much as possible. Try to keep your knees level, as if you were holding a tray on your lap. Hold for 5 seconds. Slowly lower your leg down and relax. Return to the starting position and repeat with opposite leg.

Optional Exercise:

Do this exercise only if instructed by your surgeon.



Straight leg raises

Bend one of your legs with your foot flat on the bed. Raise your opposite leg up (about 12 inches), keeping your knee straight. Hold briefly. Progress to holding for 5 seconds. Slowly lower your leg down and relax. Repeat with opposite leg.

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