

Hip Replacement: Home Exercise Program

Strengthening

Do these exercises to strengthen your muscles.

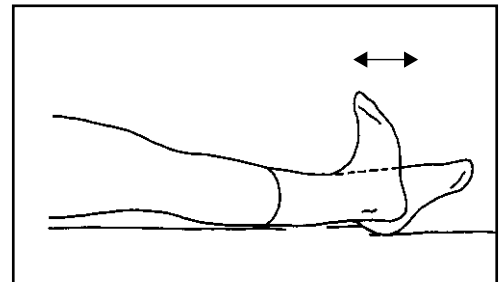
How often: 2 to 3 times a day

Do 10 repetitions of each exercise. If you are comfortable with the exercises, gradually increase the number of repetitions until you reach 20 repetitions.

Do your exercises lying down for the most comfort. Your bed is an excellent place to do your exercises.

Ankle pumps

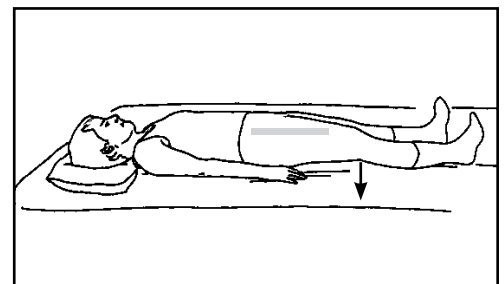
Pump your feet up and down by pulling your feet up toward you, then pushing your feet down away from you.



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Thigh squeezes (quadriceps sets)

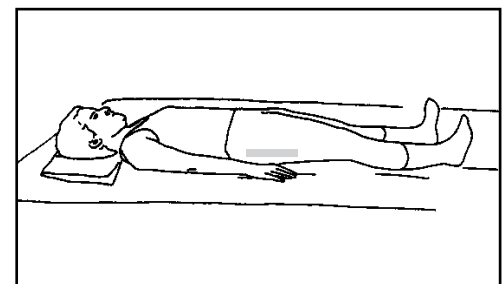
Tighten the muscles on the top of your thigh by pushing the back of your knee down into the bed. **Hold for 5 seconds and relax.**



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Buttocks squeezes (gluteal sets)

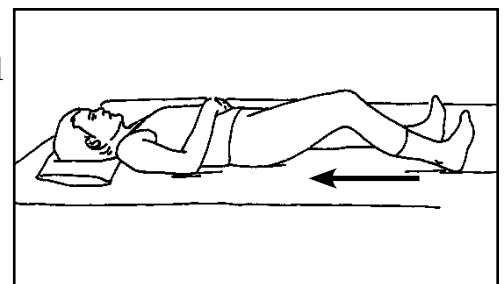
Tighten your buttocks muscles by squeezing the muscles together. **Hold for 5 seconds and relax.**



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Heel slides (hip and knee flexion)

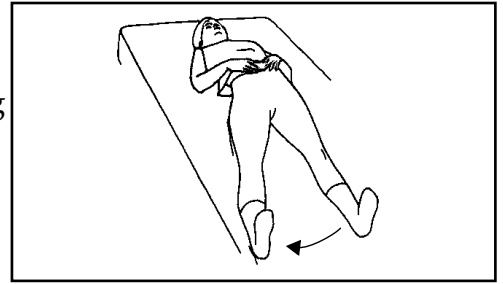
Bend your surgical hip and knee by sliding your heel up toward your buttocks while keeping your heel on the bed. Slide your heel back down to the starting position and relax. Keep your kneecap pointed up toward the ceiling during the exercise. You may want to use a plastic bag under your heel to help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



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❑ Leg slides (abduction/adduction)

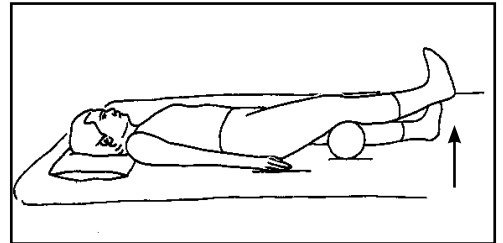
Slide your surgical leg out to the side, keeping your kneecap pointed up toward the ceiling. Slide your leg back to the starting position. You may want to use a plastic bag under your heel to help it slide easier.



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❑ Lying kicks (short arc quadriceps)

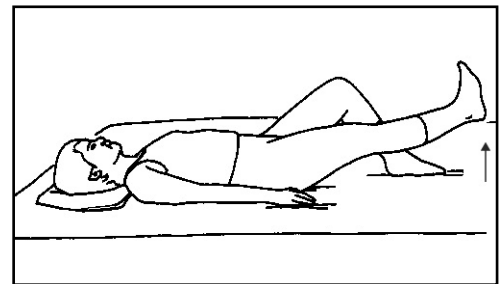
Lie on your back with a rolled-up blanket or towel (at least 6 inches in diameter) under the knee of your surgical leg. Straighten your surgical leg. **Hold for 5 seconds.** Slowly lower your leg down and relax. The back of your knee should stay in contact with the blanket or towel during the exercise.



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❑ Straight leg raises

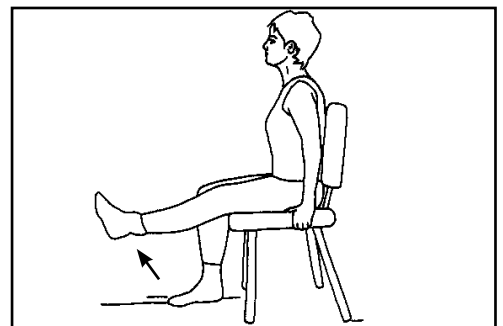
Bend your non-surgical leg with your foot flat on the bed. Tighten the muscles on the top of your thigh, stiffening your knee. Raise your surgical leg up (about 12 inches), keeping your knee straight. **Work up to holding for 5 seconds.** Slowly lower your leg down and relax.



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❑ Sitting kicks (long arc quadriceps)

Sit on a sturdy chair or on the side of your bed. Straighten your knee. **Hold for 5 seconds.** Slowly lower your leg down and relax.



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Walking

How often: 5 times a day

Besides your exercise program, you must leave time for walking. It helps build your strength and endurance.

- **Walk around your home 5 times a day.** Trips to the bathroom or kitchen are not enough.
- Gradually increase the distance you walk. Work up to walking outside and in the community.

Keep in mind that each person is different and has different pre-surgery levels of fitness. Talk with your physical therapist about walking if you have additional medical conditions.

Home exercise program — hip replacement

Check the box under the appropriate day and week after you perform the exercises selected for you.

Exercise	Week 1							Week 2							Week 3							Week 4						
	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
Ankle pumps																												
Thigh squeezes																												
Buttocks squeezes																												
Heel slides																												
Leg slides																												
Lying kicks																												
Straight leg raises																												
Sitting kicks																												