

HIP REPLACEMENT THERAPY

BEFORE SURGERY

Especially if you have motion or strength deficits, consider a supervised or home-based exercise program (prehab). Our staff can arrange a PT consult for you that you can bring, or is sent to, an outpatient physical therapy center.

Alternatively, see the “Hip Replacement Home Exercise Program Before Surgery (Prehab)” information below and start a self-directed home program.

THE DAY OF SURGERY

You will receive a walker if you do not have one and be taught how to use it.

See the “Getting Around Safely with Your Walker” information below to learn more.

You will be walking and going up and down stairs right after surgery.

THE FIRST 2 WEEKS AFTER SURGERY

Early therapy after a hip replacement is focused on mobilization, inflammation control and muscle activation.

There are many things that can make the recovery and final outcome better after surgery:

 Your Personalized Postoperative Medicines	Mobilizing 	Ice 	Gentle Muscle Activation 
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Your Personalized Postoperative Medicines

The medicines we give you are all working in concert to help control pain and inflammation. The goal is to limit narcotic pain medicine, keep you comfortable, and limit inflammation. You will learn about your personalized postop medications. These are tailored to your individual circumstances. You will go home with a detailed medicine plan. It is important to adhere to this plan.



Gentle Muscle Activation

Simple exercises detailed in these instructions, performed regularly, will help activate muscles and decrease problems.



Mobilizing

Walking frequently for short distances will help get you going and prevent problems. Get up every hour when awake during the first 2 weeks and take short walks.



Ice

Ice helps. Use packs or an ice machine regularly as desired.

For hips I do not recommend a specific on/off period. Ice as much as you like (some do and some do not like), but avoid freezing the skin by ensuring the ice is padded. Ice whatever feels the best: the groin, the incision area, or the thigh.



Therapy Set

This therapy set sequence will be your therapy routine over the first 2 weeks after surgery.

See the HIP REPLACEMENT FIRST 2 WEEK HOME EXERCISE PROGRAM below for instructions

HIP REPLACEMENT: FIRST 2 WEEKS AFTER SURGERY HOME EXERCISE PROGRAM

GENERAL INSTRUCTIONS

The exercises provided are the foundation of your home program for the first two weeks post-op. Plan to complete them twice daily.

In addition to the exercises, please walk short distances every hour while awake using your walker.

Discontinue the exercises and contact your physician or physical therapist if you experience a significant increase in pain after exercise.

THERAPY SET

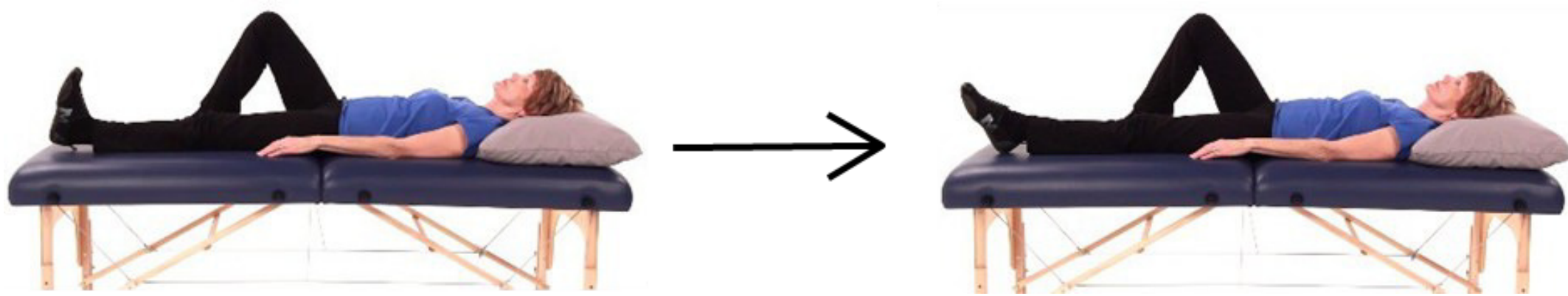
1. Ankle Pumps : 3 sets of 10 reps per side
2. Glute Squeeze : 3 sets of 10 squeezes
3. Quad Sets : 3 sets of 10 reps per side
4. Hamstring Sets : 3 sets of 10 reps per side
5. Heel slides : 10 reps, 10 second hold

ANKLE PUMPS

Ankle pumps are a simple, effective exercise to prevent blood clots, reduce swelling, and maintain joint mobility

HOW TO PERFORM THE EXERCISE

- 1.Lie on your back
- 2.Flex your ankle up and down
- 3.Complete 3 sets of 10 reps per side



GLUTE SQUEEZE

HOW TO PERFORM THE EXERCISE

1. Lie on your back with your legs straight
- 2.Squeeze your buttocks
- 3.Hold for 5 seconds

Repetitions: 10 | Sets 3 | Hold for 5 seconds each



QUAD SETS

HOW TO PERFORM THE EXERCISE

1. Lie on your back with your leg straight and a towel roll placed behind your knee
2. Press your knee down into the towel, tightening your thigh muscle
3. Hold for 5 seconds then relax.

Repetitions: 10 | Sets 3 | Hold for 5 seconds each



HAMSTRING SETS

HOW TO PERFORM THE EXERCISE

1. Lie on your back with the surgical leg bent
2. Gently press your heel into the surface. Without moving your leg, contract your hamstring as if you were moving your heel toward your buttock.

Repetition: 10 | Sets: 3 | Hold for 5 seconds each.



HEEL SLIDES

HOW TO PERFORM THE EXERCISE

- 1.Lie on your back with your surgical leg straight
- 2.Slowly slide your surgical heel on the surface toward the buttock until you feel a stretch in your knee or upper leg.
- 3.Once you feel a gentle stretch, pump your ankle back and forth for a count of 10
- 4.Relax and return your knee to the original position.

Repetition: 10 | Hold for 10 seconds each



AFTER THE FIRST 2 WEEKS AFTER SURGERY

If you are progressing well, you may work in some bike and elliptical (short periods : 20/30 minutes and no resistance). Continue the first 2 week exercises. Keep walking to less than 1/4 mile at a time no more than 2x/day, even if you feel good. Doing too much too early on a hip can be counter-productive. No long hikes, resistance workouts, or leg lifting workouts until at least the 4 week postoperative mark. Ice will still help and should continue regularly.

TOTAL HIP REPLACEMENT PREHAB HOME EXERCISE PROGRAM

GENERAL INSTRUCTIONS

This exercise program addresses common strength and mobility deficits prior to hip replacement.

Discontinue the exercises and contact your physician or physical therapist if you experience a significant increase in pain after exercise.

The goal is to enter surgery with as much hip and core strength as possible, which will help support your recovery after surgery, balance and gait mechanics.

EXERCISE LIST

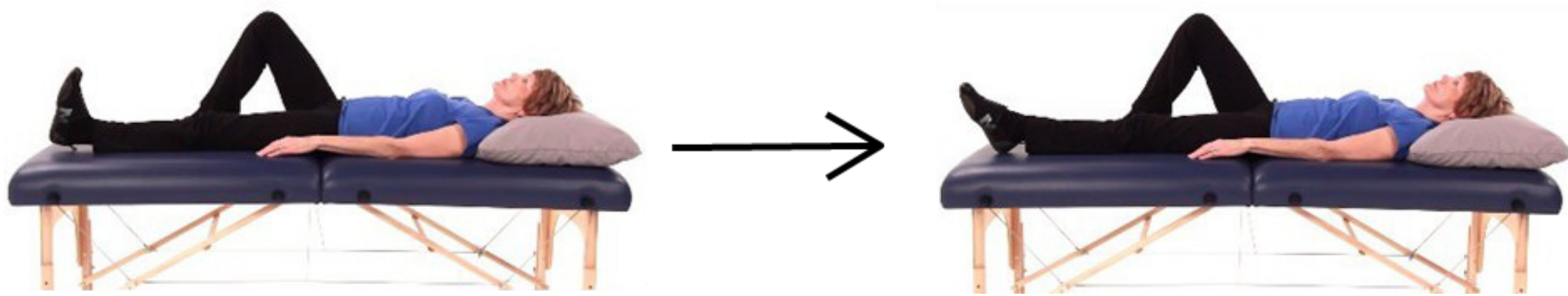
1. Ankle Pumps
2. Glute Squeeze
3. Quad Sets
4. Hamstring Sets
5. Short arc quad
6. Heel slides
7. Mini Squats
8. Standing Hip Abduction

ANKLE PUMPS

Ankle pumps are a simple, effective exercise to prevent blood clots, reduce swelling, and maintain joint mobility

HOW TO PERFORM THE EXERCISE

- 1.Lie on your back
- 2.Flex your ankle up and down 20 times per side



GLUTE SQUEEZE

HOW TO PERFORM THE EXERCISE

1. Lie on your back with your legs straight
- 2.Squeeze your buttocks
- 3.Hold for 5 seconds

Repetitions: 10 | Sets 3 | Hold for 5 seconds each



QUAD SETS

HOW TO PERFORM THE EXERCISE

1. Lie on your back with your leg straight and a towel roll placed behind your knee
2. Press your knee down into the towel, tightening your thigh muscle
3. Hold for 5 seconds then relax.

Repetitions: 10 | Sets 3 | Hold for 5 seconds each



HAMSTRING SETS

HOW TO PERFORM THE EXERCISE

1. Lie on your back with surgical leg bent
2. Gently press your heel into the surface. Without moving your leg, contract your hamstring as if you were moving your heel toward your buttock.

Repetition: 10 | Sets: 3 | Hold for 5 seconds each.



SHORT ARC QUAD

HOW TO PERFORM THE EXERCISE

- 1.Lie on your back with a rolled-up towel behind your knee
- 2.Slowly straighten your surgical knee by lifting your foot while keeping your knee on the rolled towel
- 3.Relax and return your knee back to the original position

Repetition: 10 | Sets: 3 | Hold for 5 second each



HEEL SLIDES

HOW TO PERFORM THE EXERCISE

- 1.Lie on your back with your surgical leg straight
- 2.Slowly slide your surgical heel on the surface toward the buttock until you feel a stretch in your knee or upper leg.
- 3.Once you feel a gentle stretch, pump your ankle back and forth for a count of 10
- 4.Relax and return your knee to the original position.

Repetition: 10 | Hold for 10 seconds each



MINI SQUAT

HOW TO PERFORM THE EXERCISE

1. Begin in a standing position with your feet shoulder-width apart and your hands resting on a stable surface.
2. Slowly bend your knees to lower into a mini squat position. Keep your heels on the ground and your knees behind your toes.
3. Hold for 5 seconds and return to the resting position.

Repetition: 10 | Sets: 3 | Hold for 5 second each



STANDING HIP ABDUCTION

HOW TO PERFORM THE EXERCISE

1. Begin in a standing position with your feet shoulder-width apart and your hands resting on a stable surface.
2. Lift your leg out to the side while keeping your toes facing forward, and keep your trunk up tall through the exercise.
3. Hold for 5 seconds and return to the resting position.

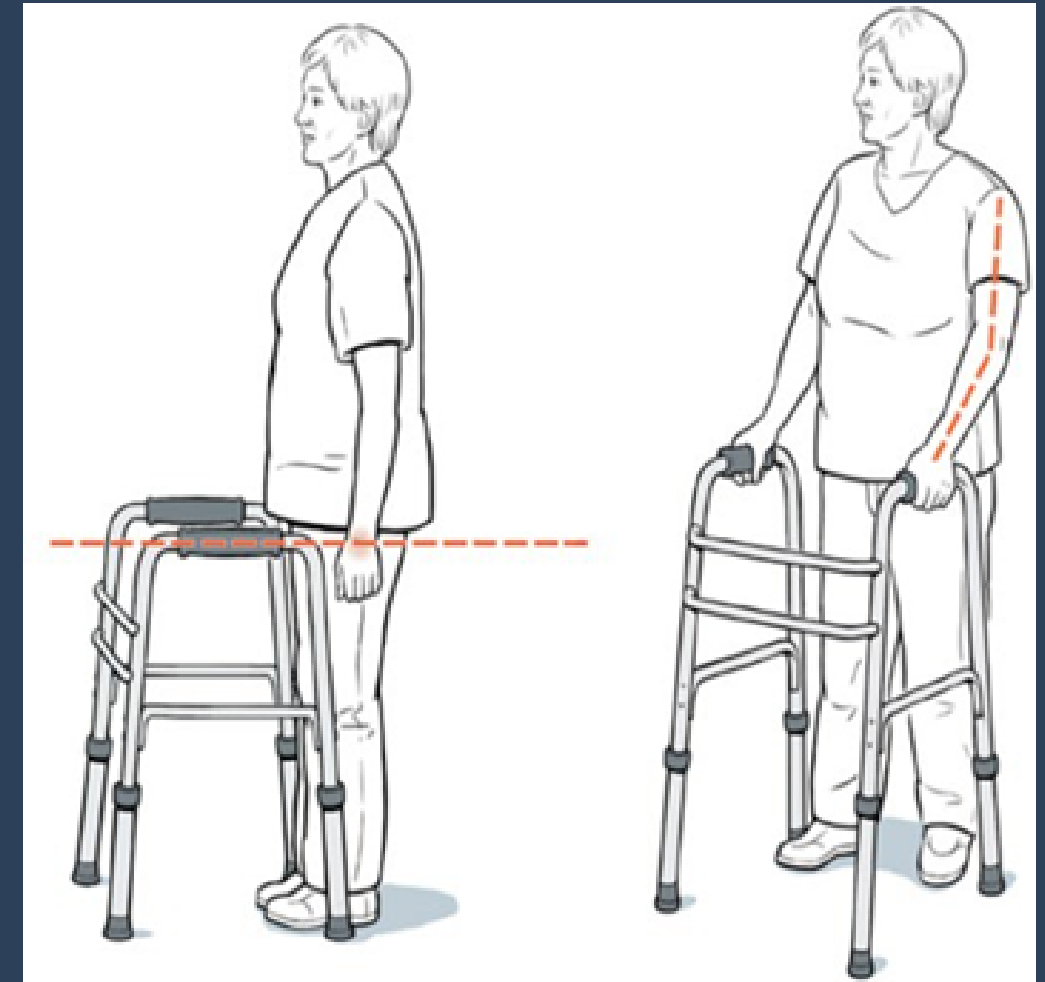
Repetition: 10 | Sets: 3 | Hold for 5 second each



GETTING AROUND SAFELY WITH YOUR WALKER

GENERAL TIPS AND INSTRUCTIONS

- You should be standing comfortably inside of the walker, guided by both hands on either side. If the walker has wheels, keep them on the ground at all times and push it like a shopping cart
- Wear appropriately fitted, low-heeled shoes. Do not wear slippers or high heels
- Be aware of your surroundings while walking—this includes uneven surfaces, rugs, wet floors, etc.
- It is NOT recommended to use a walker for ascending or descending stairs due to safety concerns.



FIRST SET UP AND FITTING

Standing up straight with your arms at your side, the walker handles should align with the bend of your wrist. When your hands are on the grips, there should be a slight bend in your elbows.

STANDING UP

1. Scoot forward in the chair to make it easier to stand
2. Place the walker out in front of the chair
3. Place both feet flat on the ground and both hands on the armrest (or seat) of the chair
4. Lean forward at your hips, ("Nose over toes") and then push down through both hands and both legs in order to stand
5. Once up, reach for the walker with one hand followed by the second hand



SITTING DOWN

- 1.Position yourself so that the backs of your legs are touching the chair
- 2.Hold the walker in your hands, one hand on each handle
3. Slightly lean forward with your trunk, reach back with one hand until you feel the armrest (or seat) of the chair. Repeat with your second hand
- 4.Slowly lower yourself into the chair using your arms and legs



WALKING

- 1.Start with the walker directly in front of you in a comfortable position. Do not stand too close to the front of the walker
- 2.Advance the walker and either leg forward 6-12 inches at the same time
3. If the walker has wheels, push the walker forward while keeping it on the ground
- 4.Be sure to step into the walker, keeping it close to you
- 5.Repeat the process with each leg

