**Total Hip Replacement Home Exercises**

*Complete all exercises as tolerated*

**Hip Precautions:** Do not bend your hip greater than 90 degrees, do not turn your foot inwards, do not cross your legs!

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Instructions</th>
<th>Repeat: 30 times Complete: 1+ sets Perform: 2-3 times/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANKLE PUMPS</td>
<td>Bend your foot up and down at your ankle joint.</td>
<td></td>
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<tr>
<td>QUAD SET</td>
<td>Tighten your thigh muscle (quadriceps) as you attempt to press the back of your knee downward.</td>
<td>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</td>
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<tr>
<td>GLUTE SET (Butt Squeeze)</td>
<td>While lying on your back or sitting in a chair, squeeze your buttocks and hold for 3 seconds, release. Repeat.</td>
<td>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</td>
</tr>
<tr>
<td>HIP ABDUCTION</td>
<td>While sitting or lying down, slowly bring your leg out to the side and back in. Keep your knee straight and toes pointed toward the ceiling.</td>
<td>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day <em>Do not cross midline with your operative leg</em></td>
</tr>
</tbody>
</table>
## Long-Arc Quad
Gently kick your leg up to a straight position and hold for 3-5 seconds. Slowly lower back down.

- **Repeat:** 10+ times
- **Complete:** 1+ sets
- **Perform:** 2-3 times/day

## Standing Marches
Standing, lift your knee forward to “March”, remember to not lift your knee too high! (90 Degrees)

- **Repeat:** 10+ times
- **Complete:** 1+ sets
- **Perform:** 2-3 times/day

*Remember your hip precautions! Do not go past 90 degrees!*

## Hamstring Curls
Standing, keep your back and hip straight, slowly bend your knee so your toes point towards the floor.

- **Repeat:** 10+ times
- **Complete:** 1+ sets
- **Perform:** 2-3 times/day

## Hip Extension
Standing, keep your leg straight, and bring it back as far as tolerable. Do not bend forward at the waist.

- **Repeat:** 10+ times
- **Complete:** 1+ sets
- **Perform:** 2-3 times/day

## Hip Abduction
Standing, lift the leg out to the side. Bring back to midline. Do not let legs touch.

- **Repeat:** 10+ times
- **Complete:** 1+ sets
- **Perform:** 2-3 times/day

### Hip Precautions:
Do not bend your hip greater than 90 degrees, do not turn your foot inwards, do not cross your legs!

Alex Metcalfe, PT, DPT