










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!*

<p>ANKLE PUMPS Bend your foot up and down at your ankle joint.</p>		<p>Repeat: 30 times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>QUAD SET Tighten your thigh muscle (quadriceps) as you attempt to press the back of your knee downward.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>GLUTE SET (Butt Squeeze) While lying on your back or sitting in a chair, squeeze your buttocks and hold for 3 seconds, release. Repeat.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>HIP ABDUCTION 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.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day *Do not cross midline with your operative leg*</p>

<p>LONG-ARC QUAD Gently kick your leg up to a straight position and hold for 3-5 seconds. Slowly lower back down.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>STANDING MARCHES Standing, lift your knee forward to “March”, remember to not lift your knee too high! (90 Degrees)</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p> <p>*Remember your hip precautions! Do not go past 90 degrees!*</p>
<p>HAMSTRING CURLS Standing, keep your back and hip straight, slowly bend your knee so your toes point towards the floor.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>HIP EXTENSION Standing, keep your leg straight, and bring it back as far as tolerable. Do not bend forward at the waist.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>
<p>HIP ABDUCTION Standing, lift the leg out to the side. Bring back to midline. Do not let legs touch.</p>		<p>Repeat: 10+ times Complete: 1+ sets Perform: 2-3 times/day</p>

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