

To promote ideal recovery it is important to:

- 1 Elevate lying down with foot above heart _____ minutes _____ x/day.
- 2 Ice _____ minutes _____ x/day.
- 3 Perform all assigned exercises _____ x/day.

Total Hip Home Exercises - Set 1

ANKLE PUMPS

Do _____ reps on each leg every hour.



- Bend your ankle and pull your foot and toes towards your head.
- Push your foot back down and point your toes away from you as far as possible.

GLUTE SETS

Hold for _____ seconds. Do _____ reps.



- Lie on your back with your legs straight.
- Squeeze buttocks together.

HEEL SLIDES

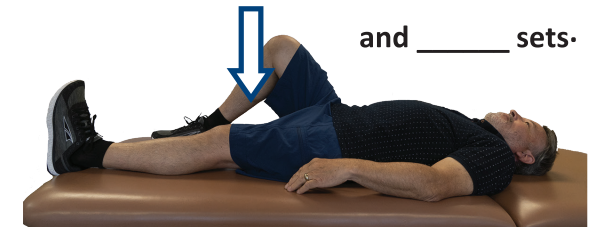
Do _____ reps and _____ sets.



- Lie on your back with your legs straight.
- Slide your heel in toward your buttocks.
- Return to starting position.

QUAD SETS

Hold for _____ seconds. Do _____ reps. and _____ sets.



- Lie on your back or sit with your leg extended.
- Tighten your quad muscles (in the front of your thigh above your knee), to push the back of your knee downward.

HIP ABDUCTION ("angels in the snow")

Do _____ reps and _____ sets.

- Lie on your back with your legs together.



- Move your leg out to the side, keeping your knee straight.



- Return to starting position.

Total Hip Home Exercises - Set 2

EXTERNAL ROTATION

Do _____ reps and _____ sets.

- Lie or sit on a firm flat surface with your legs straight in front of you.



- Rotate one leg out from your hip, then return it to neutral position (toes straight up). Rotate the entire leg, not just your foot.

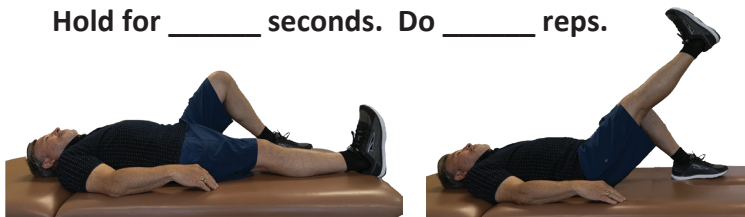


- Repeat with your other leg.

If your incision is along the back or side of your leg, do not rotate your leg inward past neutral (no "pigeon toes").

LEG RAISE

Hold for _____ seconds. Do _____ reps.



- Lie on your back with your non-surgical knee bent.
- Keep your surgical leg straight and raise it until it lines up with the thigh of your bent leg.

HAMSTRING SETS

Hold this position for _____ seconds and _____ reps.

- Sit with your leg slightly bent.
- Without moving your leg, tighten the muscles on the back of your leg.
- Try to push your heel down.



SHORT ARC QUAD

Do _____ reps and _____ sets.

- Lying down or in a semi reclined position
- Bend your non-surgical leg.
- Place a rolled-up bath towel under the knee of your surgical leg.
- Straighten your surgical leg by lifting your foot towards the ceiling, keeping your knee on the towel roll. Then slowly lower your foot.



SITTING KNEE EXTENSIONS

Do _____ reps and _____ sets.

- Sit with your legs bent to 90 degrees.
- Straighten your surgical leg at your knee, then return to starting position.

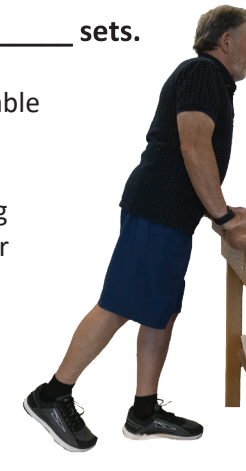


Total Hip Home Exercises - Set 3

HIP EXTENSION

Do _____ reps and _____ sets.

- Stand holding onto a table or wall for balance.
- Extend your surgical leg backward, keeping your knee straight.
- Return to the starting position.



HIP ABDUCTION

Do _____ reps and _____ sets.

- Stand up straight with your weight on your non-surgical leg.
- Keep your knee straight and move your surgical leg outward.
- Return to the starting position.



HEEL RAISES AND TOE RAISES

Do _____ reps and _____ sets.

- Stand up using a counter for balance
- Raise up on your toes as high as you can. Return to starting position and repeat.
- Next put your weight on your heels and raise your toes.



MINI SQUATS

Do _____ reps and _____ sets.

- Stand on both feet, holding on to a counter or wall for balance.
- Bend your knees to 45 degrees. Be sure to keep good low back posture. Don't let your knee go past the end of your toes.
- Return to starting position.



KNEE MARCHING

Do _____ reps and _____ sets.

- Hold onto a table, standing with feet shoulder-width apart.
- Raise one knee as high as you can, then lower it
- Repeat with the other knee and continue.



STANDING KNEE FLEX

Do _____ reps and _____ sets.

- Stand, holding a wall or chair.
- Bend your surgical leg toward your buttock through the full range. (Do not bend leg at hips.)

