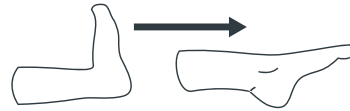


# Total Hip Replacement: Pre and Post Operative Exercises

- Prior to surgery and after surgery, these exercises are performed to strengthen the core muscles and increase the range of motion in the joint.
- Do these exercises at least 2 times per day, 20 reps unless otherwise ordered by your surgeon.
- Lie flat on bed or supported with pillows on bed to protect your back. Or sit upright in chair as instructed for specific exercises.
- Do the exercises at a slow and easy pace. **Do not hold your breath.**
- The exercises should not induce extreme pain or severe exhaustion.
- Exercises both legs. Start with the surgical leg first.

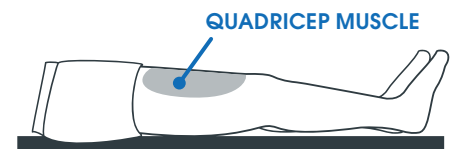
## Ankle Pumps

Move ankle up and down. Repeat 20 repetitions



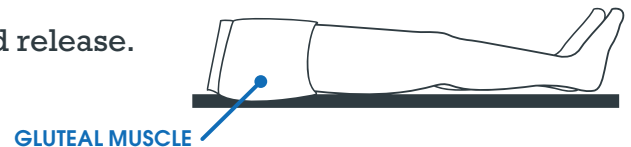
## Quad Sets

Lie flat with legs extended straight on bed. Push the back of your knee down towards to the bed. Relax. Repeat 20 repetitions.



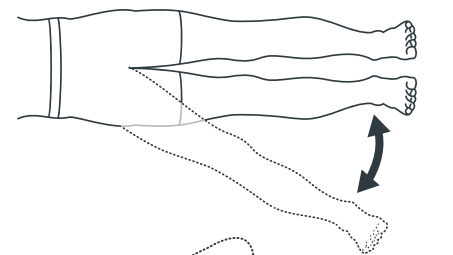
## Gluteal Sets (Bottom Squeezes)

Lie on back, legs straight. Squeeze buttocks together and release. Repeat 20 repetitions.



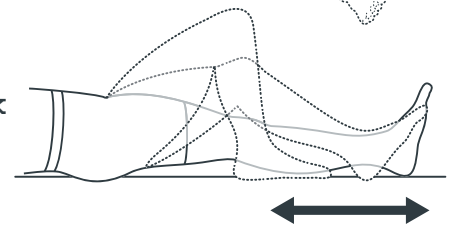
## Hip Abduction and Adduction

Lie on back with legs together. Slide one leg out to side, keeping knees straight. Slide leg back in to start position. Repeat 20 repetitions.



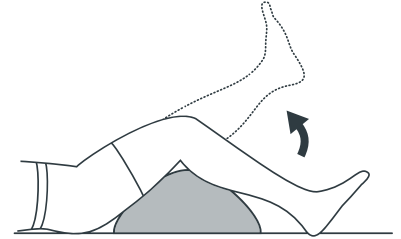
## Heel Slides

Lie on back and with legs straight. Slide heel toward up toward buttocks. (Do not bend hip beyond 90 degree angle). Slide heel back to start position with legs straight. Repeat 20 repetitions.



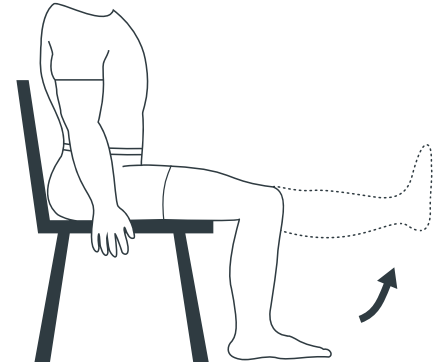
### Short Arc Quads

Lie on back with towel roll under one of your thighs, heel touching bed. Lift foot, straightening the knee. Do not raise thigh off roll. Relax and lower foot back to heel touching bed. Repeat 20 repetitions.



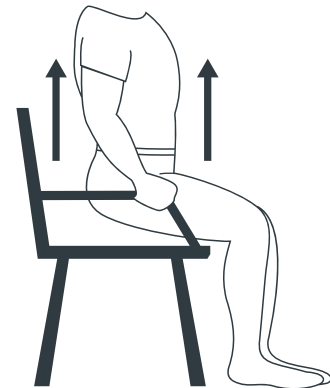
### Long Arc Quads

Sit up in supportive chair with both feet flat on floor. Straighten leg and bend at the knee. Return to start position. Repeat 20 repetitions.



### Arm Chair Push Ups

This exercise will help strengthen your arms for walking with an ambulatory device. Sit in an armchair. Place hands on armrests. Feet on floor. Push down on armrests and lift bottom off of chair slowly and then lower back to chair. Repeat 20 repetitions.



### Knee Flexion

Sit in chair, moving heel of involved leg under chair, through full range as shown. Then return to starting position. Repeat 20 repetitions.

