



# ST. JOSEPH MERCY CHELSEA

## Joint Replacement Exercises - Hip

### Total Hip Exercise Program - Physical Therapy

The following exercises should be done to increase the motion and strength of your operated leg.

**Before your surgery:** Start doing these exercises at home. Do them once a day, 10 times each. You will continue them in the hospital. Do not attempt any exercise that causes severe pain.

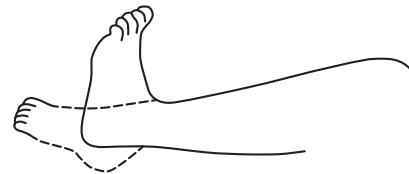
**After your surgery:** You will be expected to do the first three exercises in your bed the day after surgery. Begin with five repetitions of each exercise and increase to 10 repetitions, twice a day.

**After you are discharged:** Continue doing these exercises once or twice per day for two months.

#### Lying on your back:

##### ANKLE PUMPS

Point your foot up toward your knee and straight down away from your knee.



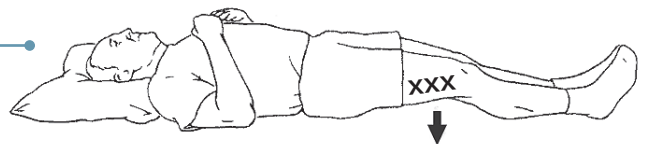
##### GLUT SETS

Squeeze your buttocks together. Hold for five seconds, then relax. Count out loud. Don't hold your breath.



##### QUAD SETS

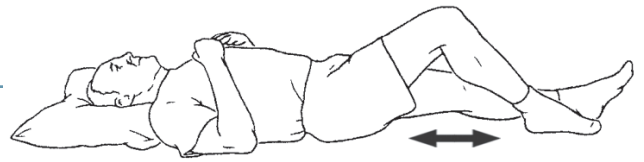
Tighten the thigh muscles by pushing the back of the knee into the bed. Hold for five seconds, then relax. Count out loud. Don't hold your breath.



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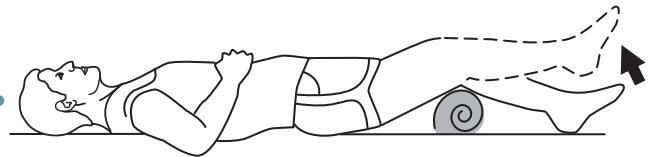
**HEEL SLIDES**

Slide one foot toward your buttocks, bending the knee and hip. Slowly return to the starting position so knee is straight.



**SHORT ARC QUAD**

Place a towel roll under your knee. Raise the lower part of your leg until your knee is straight (keep leg in contact with roll at all times), and hold for five seconds. Slowly lower your heel to the bed.



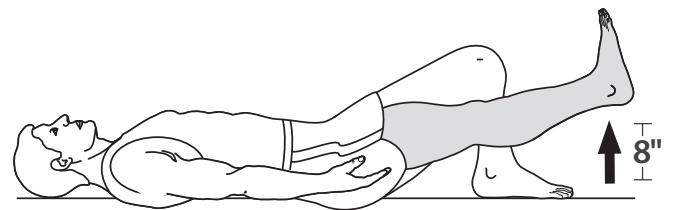
**BRIDGING**

Bend both knees placing feet flat on bed. Lift hips off bed. Hold for five seconds. Relax.



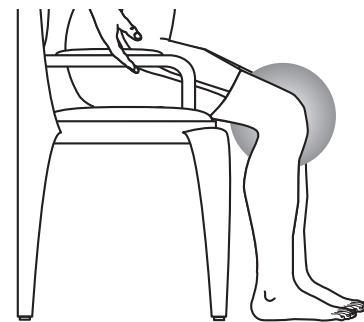
**STRAIGHT LEG RAISE**

Bend knee of non-operated leg, placing foot flat on bed. Tighten knee on operated leg and lift leg straight up off the bed. Hold for five seconds. Slowly lower to bed.



**ADDUCTION**

Place a ball or pillow between your knees. Gently squeeze your knees together for five seconds, then relax. Repeat.



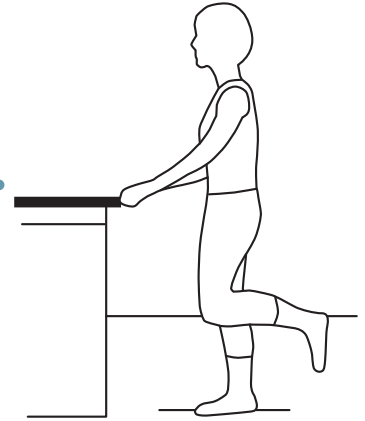
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# Standing Exercises - Physical Therapy

Hold onto a counter or large piece of furniture, such as a sofa.

## KNEE FLEXION

Stand on your good leg and bend the knee of your operated leg (moving foot up toward buttocks). Hold five seconds. Lower to floor slowly.



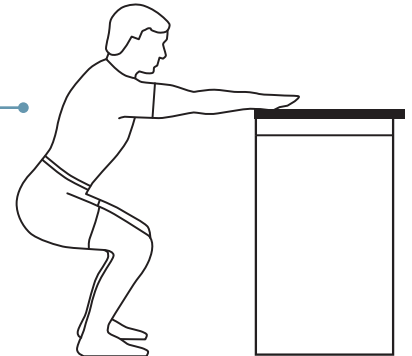
## TOE RAISES

Stand on both feet and rise up onto your toes. Hold for five seconds. Lower to floor slowly.



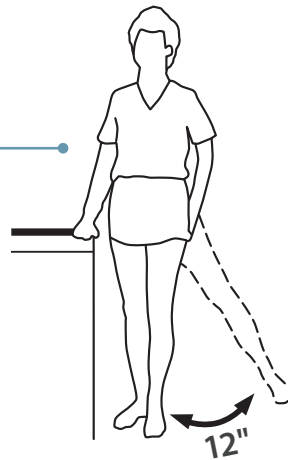
## MINI SQUATS

Place your feet apart. Hold on tightly to a counter. Pretend you are going to sit down on a chair behind you. Bend your hips and knees. Keep your head level. Do not go down too far. Return to starting position



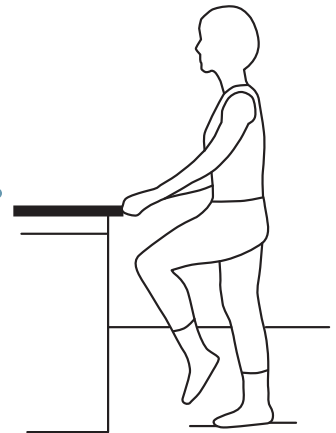
## HIP ABDUCTION

Stand on your good leg and move your operated leg out to the side. Keep your knee straight and your foot pointing forward. Hold for five seconds. Return.



## HIP FLEXION

Stand on your good leg and bring your operated thigh up in front of you. Hold five seconds. Lower slowly.



Please call 734-593-5600 if you have any questions on these exercises.