

Exercises & Activities

FOR THE TOTAL HIP REPLACEMENT PATIENT







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Speed Your Recovery

After your hip surgery, you will need to perform exercises to strengthen the muscles that affect the replacement joint.

The exercises may be uncomfortable, but they are needed to speed your recovery. If you think the pain is more than usual, stop the exercise and talk to your therapist or your doctor's nurse. A different exercise may be suggested.

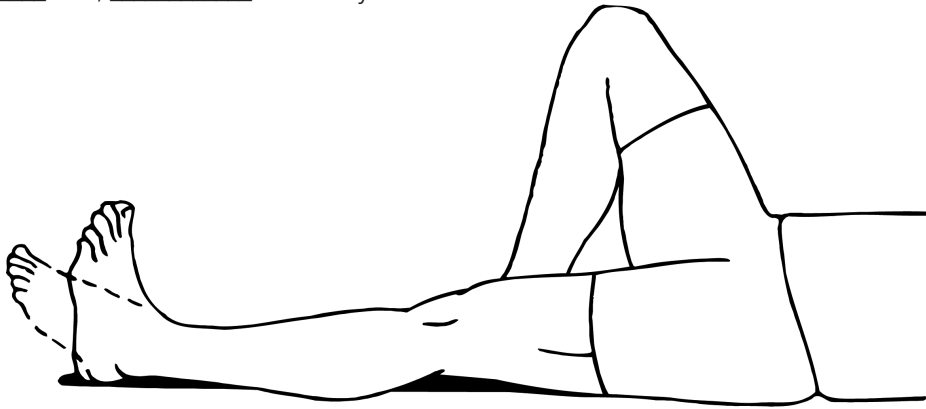
Your physical therapist will identify which exercises to start with, how long to perform the exercise, and when to add new exercises to your routine. Always follow your doctor's orders on how much weight you can put on your operated leg.

IMPORTANT NOTE: Follow the exercises carefully, including the specific details from your surgeon. Your physical therapist will show you how to do these exercises.

ANKLE PUMPS

_____ (start date)

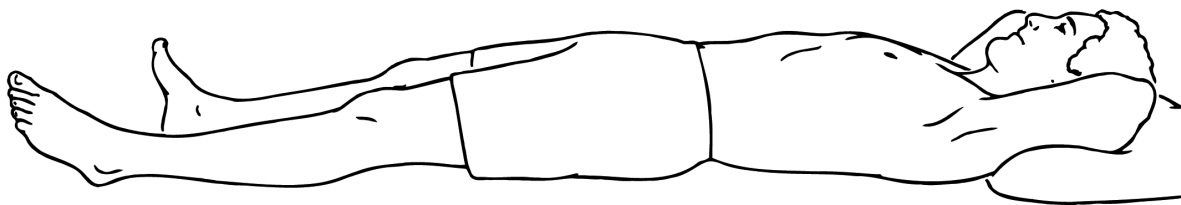
1. Repeat _____ times.
2. Do _____ sets, _____ times/day.



GLUTEAL SQUEEZES

_____ (start date)

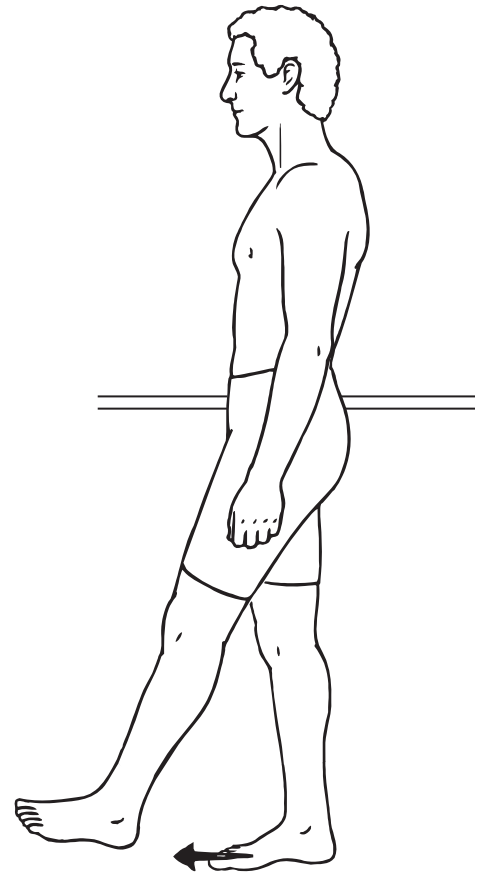
1. Lie on your back, with both legs outstretched.
2. Squeeze buttock muscles as tightly as possible. Hold for 10 seconds.
3. Repeat _____ times.
4. Do _____ sets, _____ times/day.



HIP FLEXION - STANDING

_____ (start date)

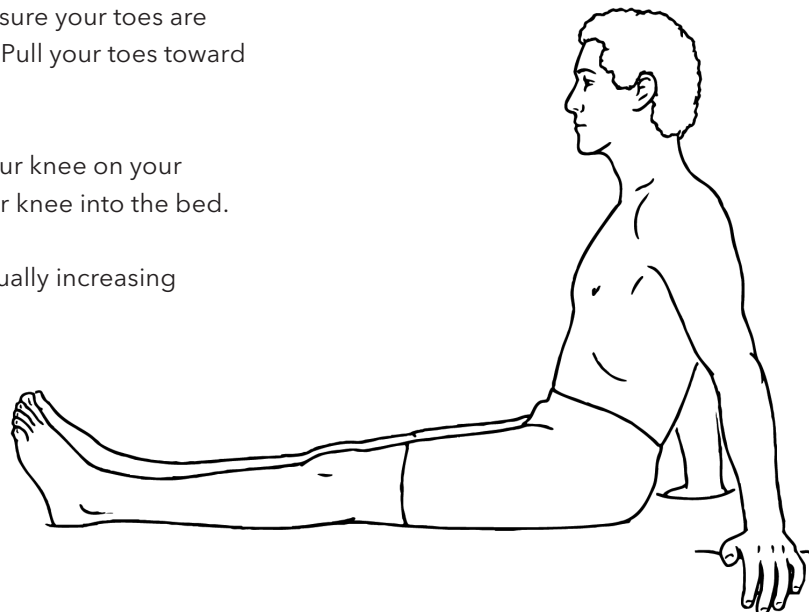
1. To maintain good balance, stand and support yourself with an object that is fixed.
2. Bring the operated leg forward, keeping your knee straight.
3. Hold for a count of five, gradually increasing to a count of 10.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.



QUAD SETS

_____ (start date)

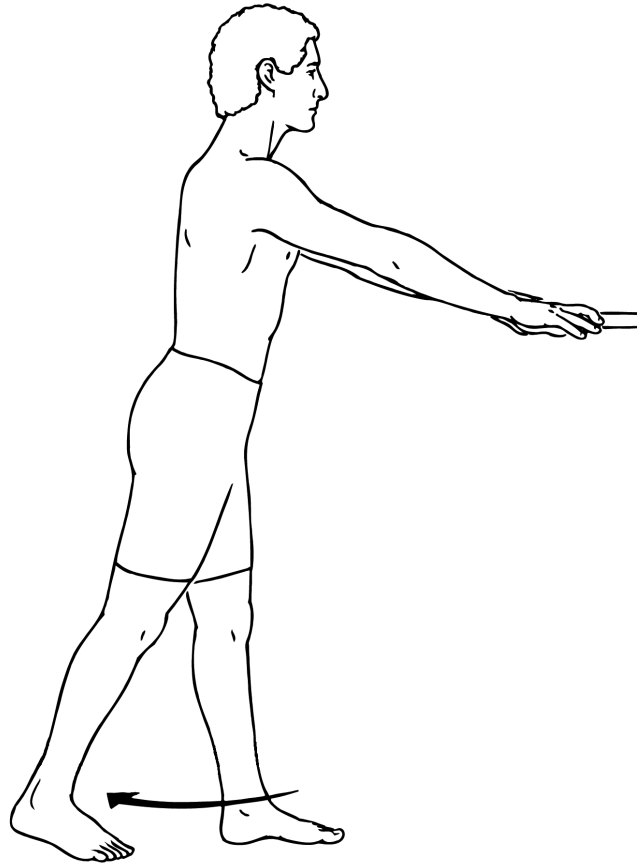
1. Lie on your back with your nonoperated knee bent to take stress off your back.
2. On your operated leg, make sure your toes are facing up toward the ceiling. Pull your toes toward your nose.
3. Tighten the muscle above your knee on your operated leg by pushing your knee into the bed.
4. Hold for a count of five, gradually increasing to a count of ten.
5. Repeat _____ times.
6. Do _____ sets, _____ times/day.



HIP EXTENSION - STANDING

_____ (start date)

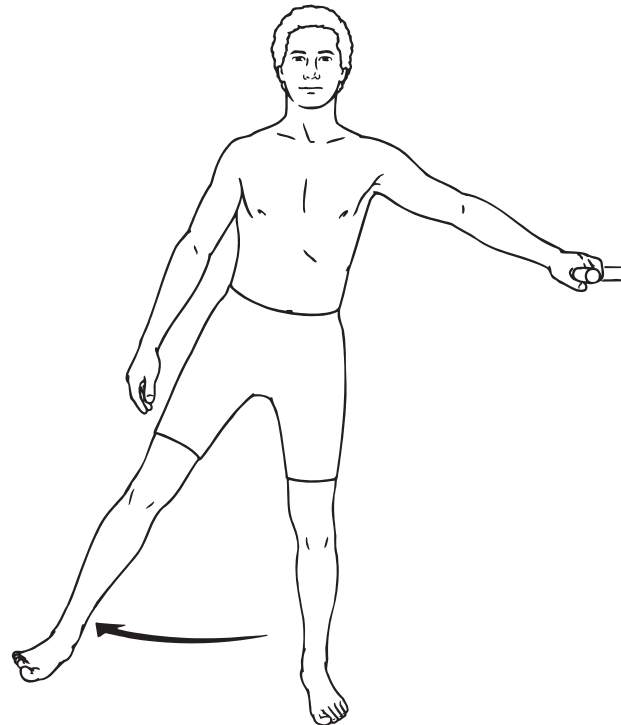
1. To maintain good balance, stand and support yourself with an object that is fixed.
2. Bring your operated leg behind you, holding your knee straight with your ankle flexed. Do not move your upper body as you do this.
3. Hold for a count of five, gradually increasing to a count of 10.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.



STANDING HIP ABDUCTION

_____ (start date)

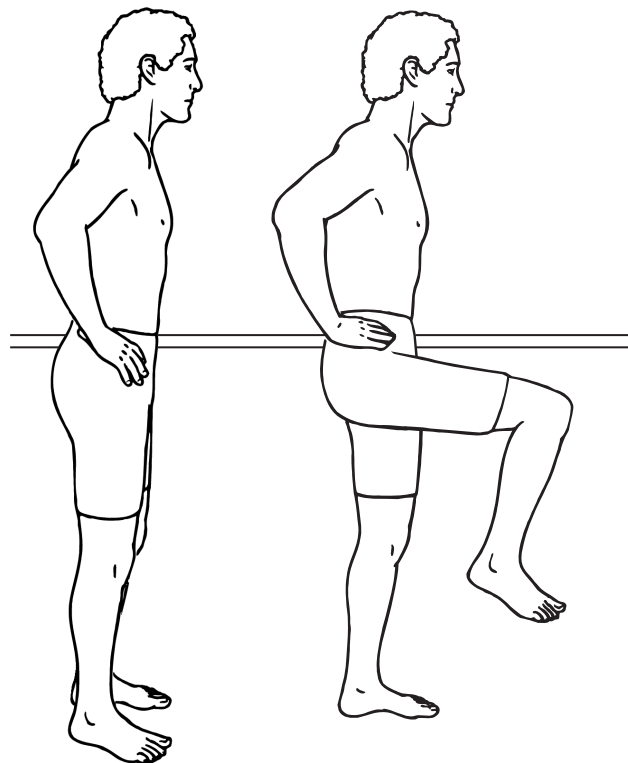
1. To maintain good balance, stand and support yourself with an object that is fixed.
2. Bring your operated leg out to this side using only hip muscles. Try not to bend your body to the side. (Keep your toes pointed forward as you do this.)
3. Hold for a count of three. Gradually increase the length of time the leg is held until you can hold for a count of ten.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.



HIP/KNEE FLEXION (UNILATERAL MARCHING)

_____ (start date)

1. To maintain good balance, stand and support yourself with an object that is fixed.
2. Lift operated leg up, bending at the hip and the knee (like a march step).
3. March only with the operated limb.
4. Remember to keep knee lower than the hip when bending (maintaining hip precautions).
5. Repeat _____ times.
6. Do _____ sets, _____ times/day.

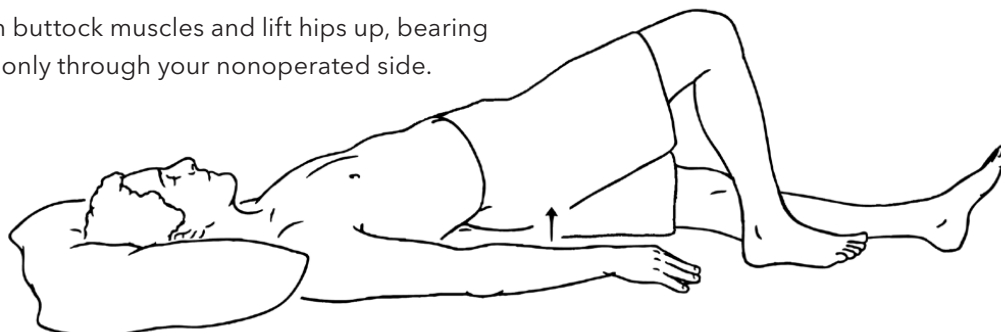


BRIDGING UNILATERAL

(Do this if your weight bearing is restricted)

_____ (start date)

1. Lie on your back with your arms at your sides.
2. Bend the knee of your non-operated leg and place your foot flat on the surface.
3. Keep the operated leg straight (with no weight on foot).
4. Tighten buttock muscles and lift hips up, bearing weight only through your nonoperated side.
5. Hold for a count of three.
6. Slowly lower your hips and operated leg.
7. Repeat _____ times.
8. Do _____ sets, _____ times/day.

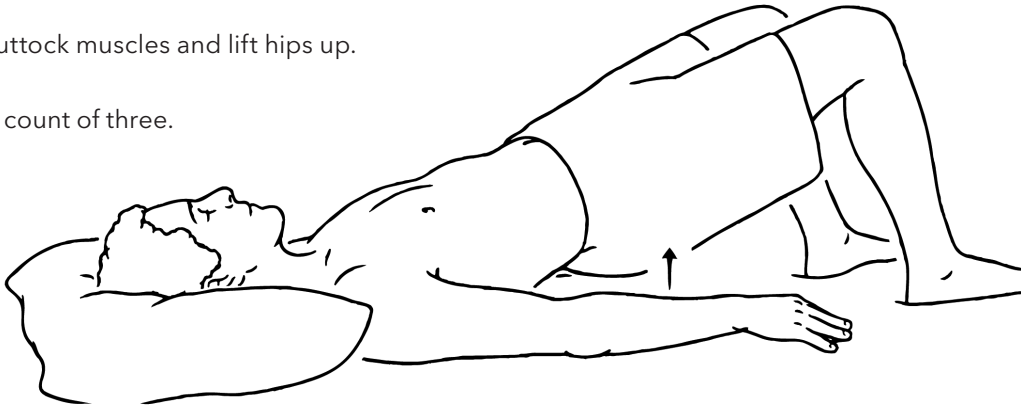


□ BRIDGING BILATERAL

(Do this if your therapist instructed you to bear weight as tolerated.)

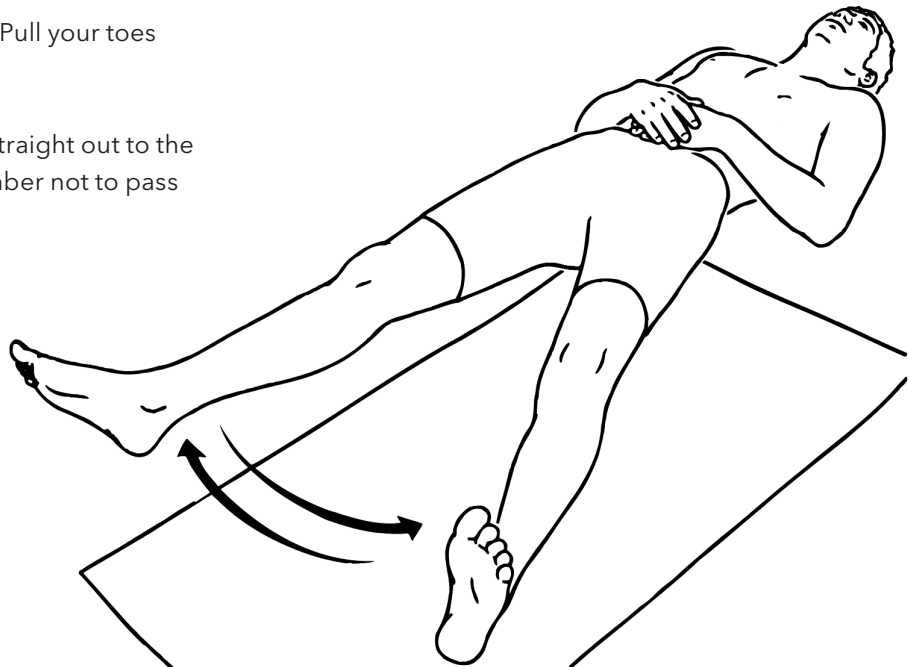
_____ (start date)

1. Lie on your back with your arms at your sides.
2. Bend both knees with feet flat on the surface.
3. Keep knees about shoulder-width apart.
4. Tighten buttock muscles and lift hips up.
5. Hold for a count of three.
6. Slowly lower hips, keeping feet in the same position.
7. Repeat _____ times.
8. Do _____ sets, _____ times/day.

**□ HIP ABDUCTION - BACKLYING**

_____ (start date)

1. Lie on your back.
2. Keep toes up toward the ceiling. Pull your toes toward your nose.
3. Slowly move your operated leg straight out to the side, then back to center. Remember not to pass the midline of the body.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.

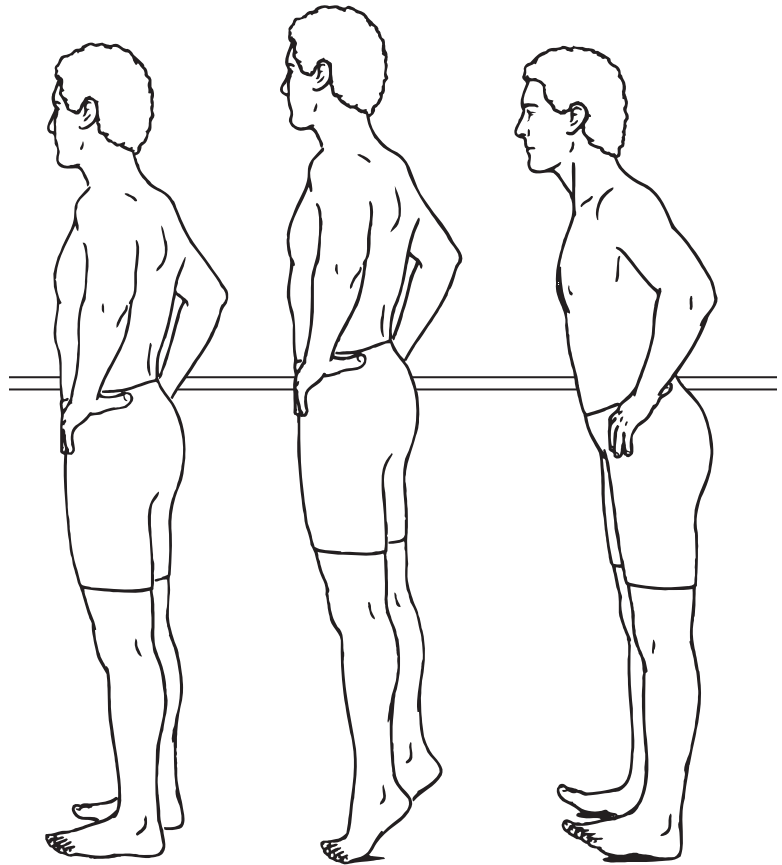




HEEL RAISES/TOE RAISES

_____ (start date)

1. Standing, hold on to a countertop or back of a sturdy chair. Raise your operated leg forward with the knee straight.
2. Gently rise up on your toes, lower yourself back down, then roll back on your heels.
3. Repeat _____ times.
4. Do _____ sets, _____ times/day.

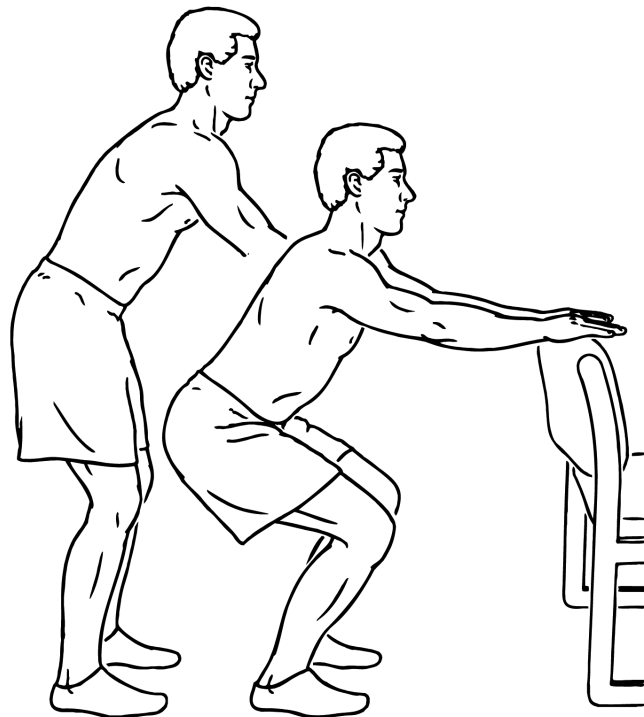


HALF SQUATS

(Do this only if your therapist has instructed you to bear weight as tolerated.)

_____ (start date)

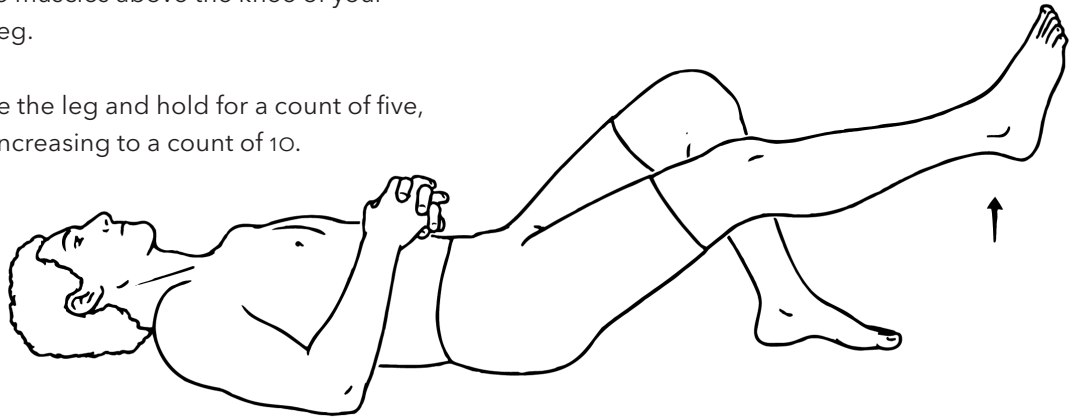
1. To maintain good balance, stand and support yourself with an object that is fixed.
2. Keep your back straight and buttocks tucked in.
3. Keep your feet about shoulder-width apart.
4. Slowly squat to one-half knee bend without raising heels from the floor.
5. Hold for a count of three.
6. Slowly come up to a standing position.
7. Repeat _____ times.
8. Do _____ sets, _____ times/day.



STRAIGHT LEG RAISES

_____ (start date)

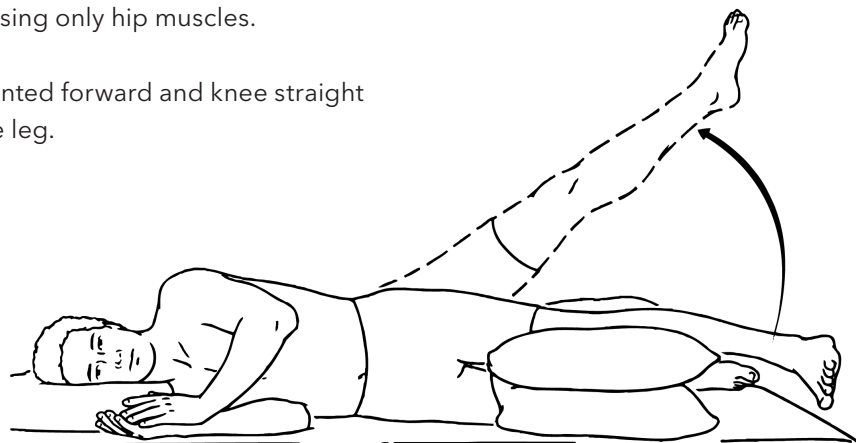
1. Lie on your back with your non-operated knee bent so there is less stress on your back.
2. Keep your toes pointed up toward the ceiling. Pull your toes toward your nose.
3. Tighten the muscles above the knee of your operated leg.
4. Slowly raise the leg and hold for a count of five, gradually increasing to a count of 10.
5. Repeat _____ times.
6. Work to keep the knee completely straight, as it is weak following surgery.
7. Do _____ sets _____ times/day.



HIP ABDUCTION - SIDELYING

_____ (start date)

1. Place small pillow or towel roll between legs. Carefully roll onto your non-operated hip.
2. Bend knee of your non-operated leg for added support.
3. Slowly lift your operated leg straight up toward the ceiling, using only hip muscles.
4. Keep toe pointed forward and knee straight as you lift the leg.
5. Hold for a count of three. Gradually increase the length of time the leg is held until you can hold for a count of 10.
6. Repeat _____ times.
7. Do _____ sets _____ times/day.

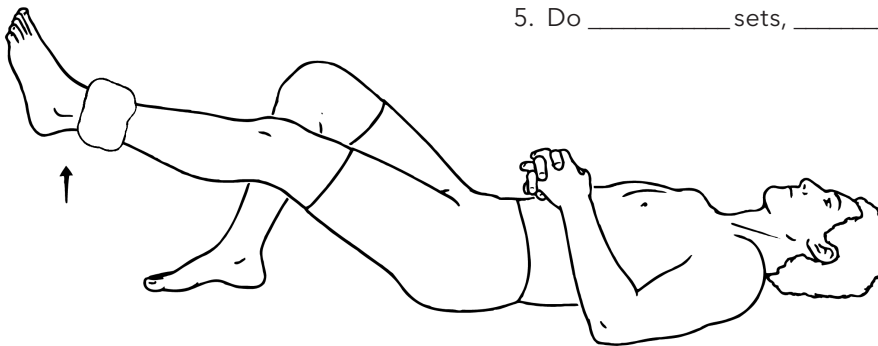


STRAIGHT LEG RAISES WITH WEIGHTS

Strengthening exercises should be done approximately three to four times a week or every other day.

_____ (start date)

1. When you can do 10 straight leg raises in a row and hold each to a count of 10, you are ready to begin with weights.
2. You must be able to hold your operated knee almost completely straight before starting to use weights. Place a weight on the ankle of the operated leg.
3. Begin with a one pound weight. You may need help placing this around the ankle of your operated leg. Increase by one pound increments until you reach 10 pounds.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.



CLOSED CHAIN #1

_____ (start date)

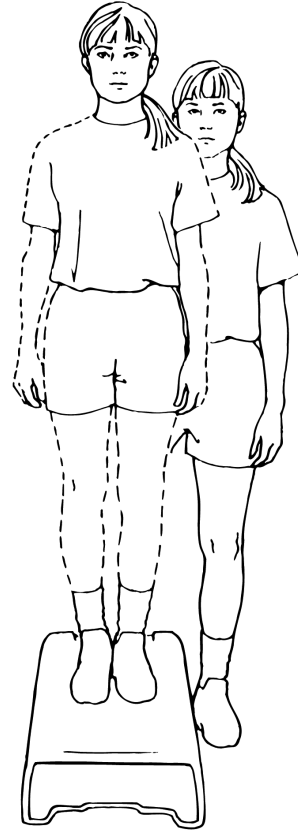
1. Move onto step, one foot and then the other.
2. Step back off the same way.
3. Repeat _____ times.
4. Do _____ sets, _____ times/day.



CLOSED CHAIN #2

_____ (start date)

1. Step up sideways with one foot, then the other.
2. Step off the other side in the same way.
3. Repeat _____ times.
4. Do _____ sets, _____ times/day.



CLOSED CHAIN #3

_____ (start date)

1. Step forward with operated leg onto the step.
2. Step over with the other leg, touching your heel to the ground, with no weight on the heel.
3. Return to start.
4. Repeat _____ times.
5. Do _____ sets, _____ times/day.





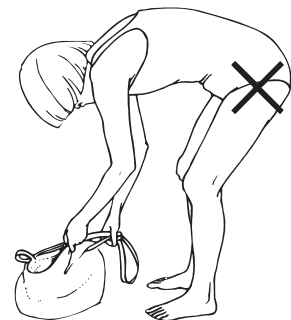
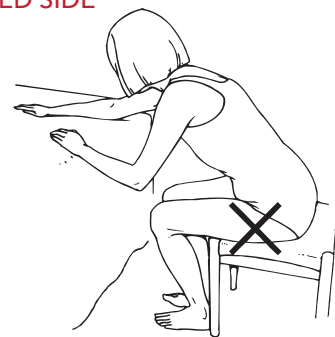
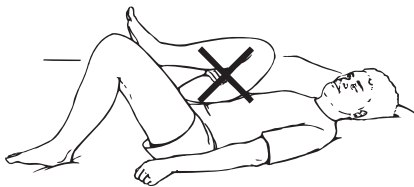
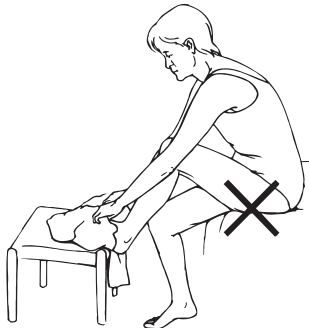
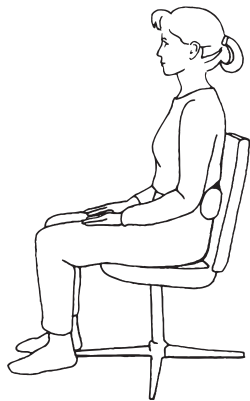
Activities of Daily Living

The following information will help you use safe body mechanics as you go about the activities of your day.

Always follow hip dislocation precautions every time you move.

KEEP 90 DEGREES BETWEEN YOUR TORSO AND YOUR THIGH ON YOUR OPERATED SIDE

- When sitting upright in a chair, you are normally at a 90 degree angle
- Do not lift knee above hip height
- Do not bend forward when sitting
- When standing, do not reach past knee level



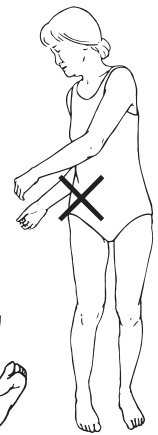
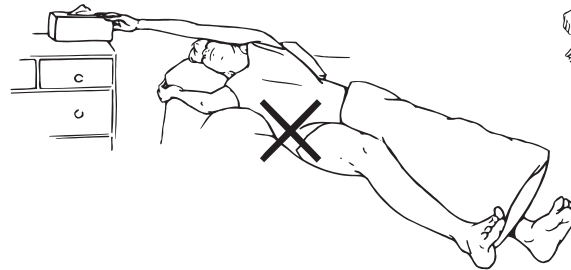
KEEP YOUR OPERATED LEG FROM CROSSING OVER YOUR NON-OPERATED LEG

- Keep knees apart at all times
- Do not cross your legs
- Sleep with pillows between your operated and non-operated side



KEEP YOUR OPERATED HIP FROM ROTATING OR TWISTING INWARDS

- Do not pivot operated leg when turning or reaching
- When lying down, keep toes pointed upwards
- When sitting, do not reach towards your side for objects



SITTING AND STANDING

Always keep 90 degrees between your torso and legs. Even when you sit, stand or lean. Elevated seats will help keep your hip higher than your knees. If a chair is too low, use thick blankets or cushions to elevate the seat. If the cushions slide, use shelf liner to keep the cushion in place.

To sit

1. Back up until you feel the chair on the back of your legs
2. Reach back with one arm to the armrest of the chair
3. Keep your operated leg extended as you lower yourself down to the chair

To stand

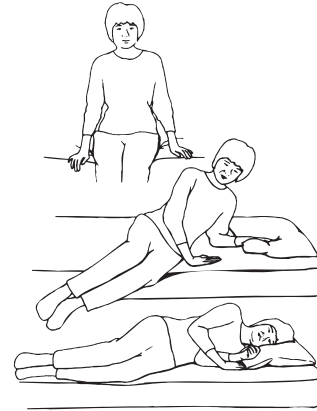
1. Scoot towards the edge of the chair
2. Straighten out your operated leg
3. Reach to your rolling walker with one arm, and maintain other arm on armrest
4. When standing, try to keep torso upright and minimize bending forward



LAYING DOWN

Getting in Bed

1. Extend your operated leg and reach back towards your bed.
2. Place both hands behind you and lean backwards
3. Scoot your hips back and towards the head of the bed
4. Swing your legs into the bed while lowering your torso down



Getting Out of bed

1. Bend your non operated leg and push up on your hands/elbows
2. Position yourself on the edge of the bed
3. Slide your hips over the edge while elevating your torso
4. Extend your operated leg in-front of you and stand up (see *To Stand*)

Sleeping

Keep a pillow in-between your legs from your thighs to your feet to prevent crossing your legs or twisting your toes inward.



GETTING DRESSED/UNDRESSED

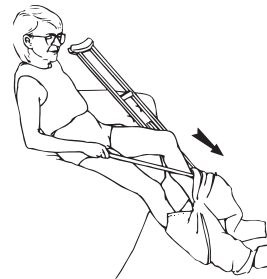
Adaptive equipment for dressing:

- Reacher
- Sock-aid
- Other helpful items: long-handled shoe horn, elastic shoe laces, dressing stick



Pants/underwear (dressed)

1. Make sure you are sitting.
2. Use a reacher and grasp the waist of your pants/underwear
3. Slip the item over your **operated leg first**.
4. Pull them up over knees.
5. Hold clothing with one hand and push up from chair with your other hand. As you stand, grab your walker for support.



Pants/underwear (undressed)

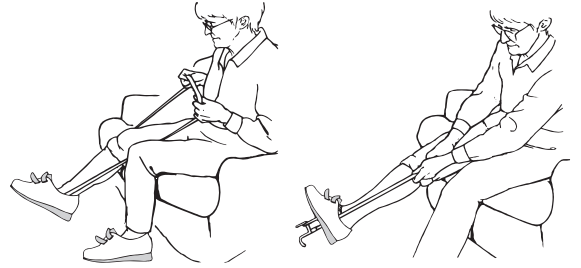
1. Ease pants/underwear off hips while standing with support.
2. Lower clothing to knees, then sit.
3. Remove from unaffected leg first. Use dressing stick to push off.
4. Remove from operated leg last.

Socks

1. Put the sock onto the sock aid.
2. Lower the sock aid to the ground and slip your foot inside.
3. Point your toe downwards and pull up on the handles.
4. To take off socks, use a reacher or dressing stick to push socks over heel.

Shoes

1. Wear slip on shoes or shoes with elastic/velcro/shoelace lock anchors.
2. Place shoe on the ground with a reacher.
3. Use your reacher or long-handled shoe horn to position shoe on foot.



USING THE BATHROOM

Toileting

- Use a raised toilet seat to keep your hips above knee height.
- Do not twist or lean to wipe or reach for toilet paper.
- Sit/Stand as you would from a chair (see *To Sit/To Stand*). Keep your operated leg extended in-front of you. Reach back to the grab bar/raised toilet seat handles.



Bathing

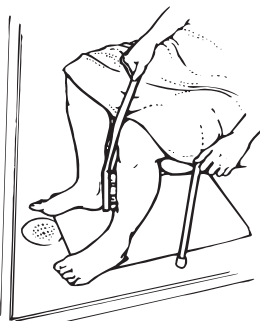
- Have someone help you the first time you bathe.
- Make sure the area is dry to help prevent any slips/falls.
- Collect the items you need. (towel, soap, shampoo, wash cloth/bath sponge)
- Non-skid matting and grab bars can help prevent falls
- Use a long-handled sponge or portable shower head to reach your knees and below
- Make sure your soap and shampoos are in a secure place and do not fall to the ground

Walk-in shower

- A shower chair can increase safety as you heal
- Follow your hip dislocation precautions

Seated Transfer into Tub

1. A Tub Transfer Bench is the safest option. If one is not available, a flat shower chair may also be used.
2. Back up until you feel the transfer bench on the back of your legs (or tub wall if using shower chair).
3. Reach back with one hand to the tub bench/shower chair and lower yourself down, keeping your operated leg extended in front of you.
4. Scoot back onto the shower chair and lean your torso backward to insure at least 90 degrees between torso and legs while transferring.
5. Lift legs one at a time into the shower. Make sure your knees are not raised above hips.



Standing Transfer into Tub

- Stand with your non-operated leg next to the tub
- Place walker/crutch into tub OR use grab bars if available
- Put your weight on the assistive device and step into tub with your non-operated leg
- With your operated leg, bend your knee and swing the leg into the tub. Do NOT lift your knee up and over tub.
- To get out, use same technique. Place assistive device outside of tub and step out with your good leg first.

CAR TRAVEL

Tips:

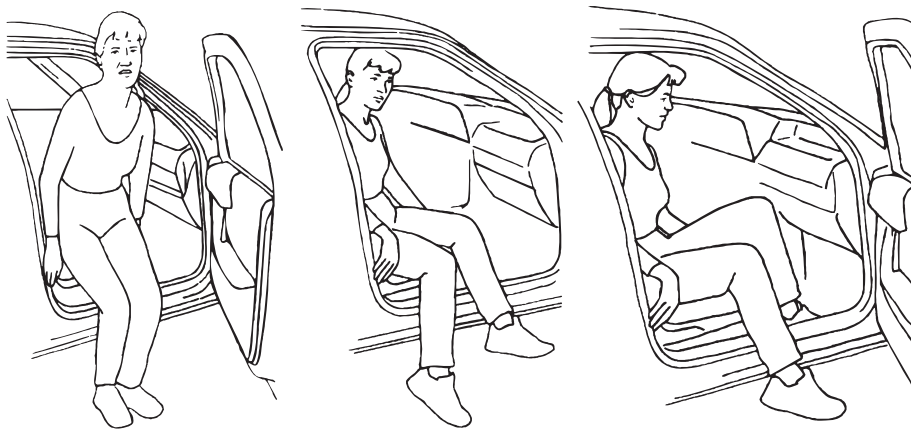
- Midsize or large cars work best. Try to avoid cars/trucks that are lifted up high.
- Bench seats help you follow hip precautions.
- Use a pillow, cushion or thick blanket if you need to adjust the angle or height of the seat.

Bench Seats

- If you had a right hip replacement, get in on the passenger side. If you had a left hip replacement, get in on the driver side
- Reach back to the bench and lower yourself down.
- Scoot back onto bench seat. Keep your torso reclined. You can use your non-operated leg to help move your body.

Front seats or bucket seats

- Make sure the seat is as far back and reclined as much as possible.
- Reach back to the seat and slowly lower yourself down, keeping your operated leg extended
- Scoot back as far as you can on the seat while lifting your legs into the car. Do not twist your operated hip.
- If you are having trouble getting your operated leg into the car, angle your knee in toward the car. Never lift knees above hip height.



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