

8

INITIAL EXERCISES FOR Hip Replacement

Perform 20 reps of each exercise. Complete these exercises two times per day.

1 Ankle Pump

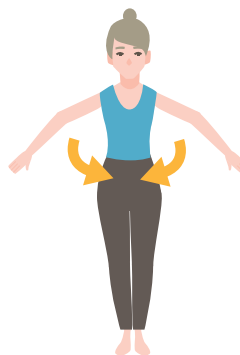
Lie on back or sit in chair.



Move ankle/foot up and down in pumping fashion.

2 Gluteal Set

Lie on back or sit in chair.

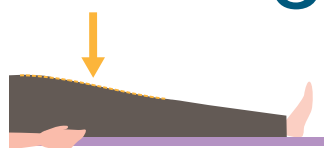


Squeeze buttocks together for five seconds.

Relax and repeat.

3 Quad Set

Lie on back with legs straight.

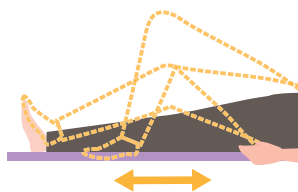


Tighten kneecap and push back of knee into bed to engage muscles on front of thigh.

Hold five seconds and repeat.

4 Heel Slide

Lie on back with legs straight.

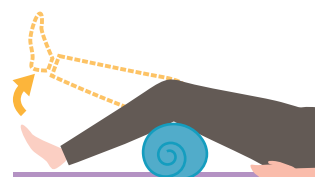


Bend knee and slide heel along bed toward buttocks.

Return to original position and repeat.

5 Short Arc Quad

Lie on back with knee supported by pillow or bolster.

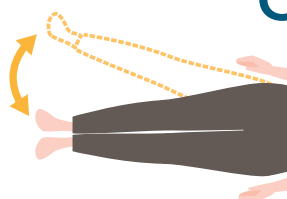


Straighten knee and hold for five seconds.

Return to original position and repeat.

6 Hip Abduction

Lie on back with legs together and knees straight.



Keeping knees and toes pointed toward ceiling, slide leg outward.

Return to original position and repeat.

7 Hamstring Set

Lie on back with involved knee slightly bent and other leg straight.

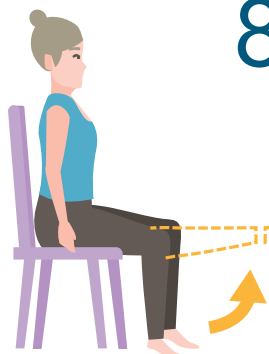


Pull/dig heel into bed and hold for five seconds.

Relax and repeat.

8 Long Arc Quad

Sit on chair with back straight and feet flat on the floor.



Straighten leg and hold for 5-10 seconds.

Return to original position and repeat.