



Home Exercise Program Following Hip Surgery Anterior Based Muscle Sparing Approach

During your hospitalization, you have had hip surgery. In order to get the best function possible from your new hip, it is important to follow the exercise program described below.

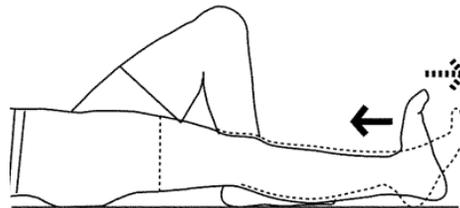
Level I

Do exercises one (1), two (2), and three (3) fifteen (15) repetitions every hour.

Do exercises four (4) through seven (7) _____ repetitions of each, _____ sessions per day.

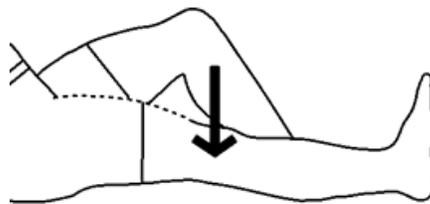
1. Ankle Pumps

- Move feet up and down and in circles.



2. Quadriceps Setting

- Tighten the muscles just above your knee by straightening your knee completely.
- Concentrate on pushing your knee into the bed. Hold for the count of five (5), then relax and repeat.

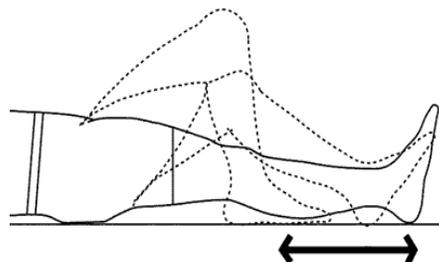


3. Gluteal Setting

- Tighten your buttocks muscles by pinching them together.
- Hold for the count of five (5), then relax and repeat.

4. Hip and knee bending

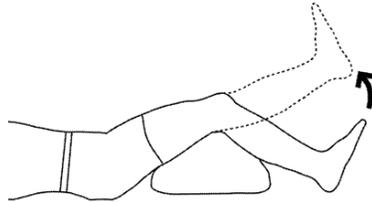
- While lying on your back, slide the heel of the involved leg along bed so that the hip and knee bend, then slide foot back down.





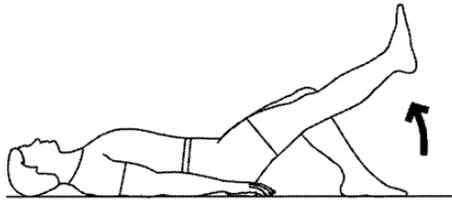
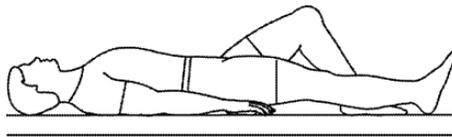
5. Knee straightening

- Bend knee and place a small roll under your knee.
- Straighten knee by lifting foot of the bed.
- Hold for the count of five (5), then slowly lower foot so that it rests on the bed.



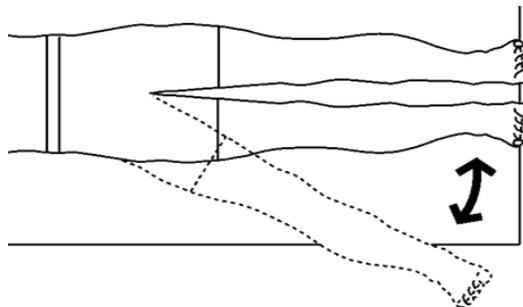
6. Straight Leg Raises

- Bend the “good” leg up so that your foot is flat on the bed. Lift operated leg up, keeping knee straight.
- Slowly lower leg down to the bed.



7. Hip abduction

- Slide operated leg out to the side, keeping your knee straight.
- Bring leg back in towards the “good” leg.





Level II At this level, you need to do _____ repetitions _____ sessions per day. Use ONLY your operative leg for these exercises. After four (4) weeks you may add small 1-3 pound ankle weights.

Begin these exercises as soon as you are able to safely stand holding onto a steady support, such as a countertop or the back of a chair with your feet six (6) inches apart.

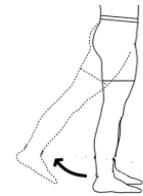
1. Lift operative leg straight out to the side.

- Hold for a count of five (5) seconds, then slowly return to the starting position.
- **NOTE: DO NOT** move your body or let your leg turn inward or outward.



2. Move involved leg backward, keeping knee straight, then return to the starting position.

- **NOTE: DO NOT** let your body bend forward.



3. Move involved leg forward, keeping knee straight.

- Then return to the starting position.
- **NOTE: DO NOT** let your body lean backward.

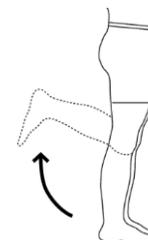


4. Bend hip and knee of involved leg up as if “marching” in place.



5. Keep thigh straight and do not let it extend backwards

- Bend knee so that foot moves towards buttocks.



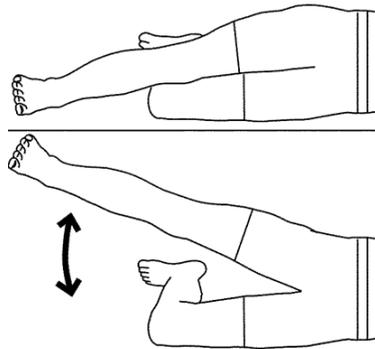


Level III

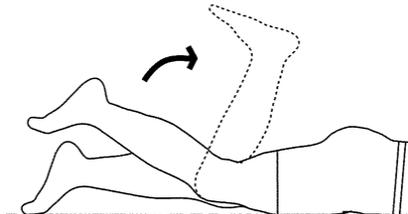
Begin this level at six (6) weeks following surgery.

Do the following exercises three (3) times each day- gradually increase to 20-40 reps of each exercise.

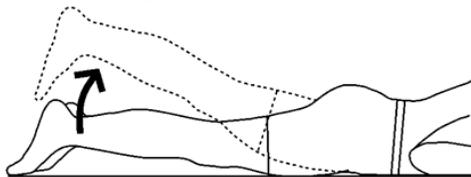
1. Lie on non-operative side with one (1) pillow between legs.
 - Lift operative leg two (2) to three (3) inches and hold for a count of three (3) and then lower leg.



2. Place one (1) pillow between your legs and roll onto your stomach
 - Bend your knee so that the heel of your foot moves toward your buttocks, then relax and allow foot to return to starting position.
 - *NOTE: Be sure to keep front of thigh on mat / bed throughout exercise.*



3. While on your stomach: With your leg straight, raise your thigh off the bed 1-2 inches and then lower the leg.



4. While on your stomach: With your knee bent, raise your thigh off the bed 1-2 inches and hold for a count of five (5) seconds. Then lower to the original position.

