



## Home Exercise Program Following Hip Surgery Posterior 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.*

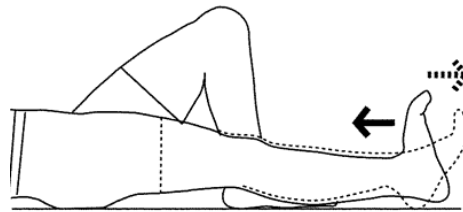
### Level I

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.

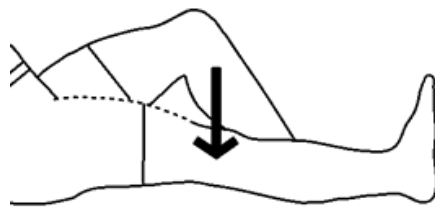
#### 1. Ankle Pumps

- 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.

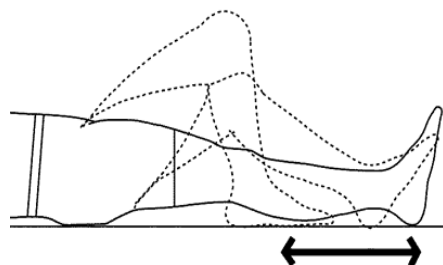


#### 3. Gluteal Setting

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

#### 4. Hip and knee bending

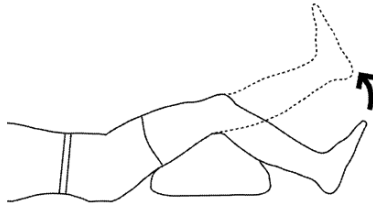
- While lying on your back, slide the heel of the involved leg along bed so that the hip and knee bend, then slide foot back down.





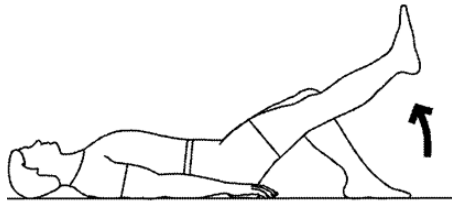
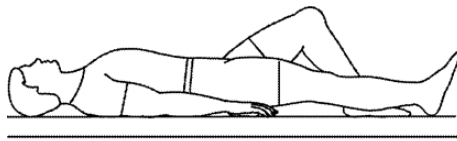
5. Knee straightening

- 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.



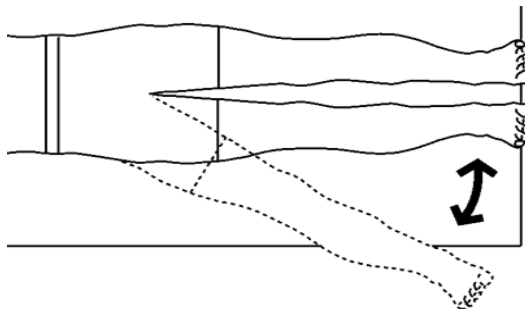
6. Straight Leg Raises

- 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.





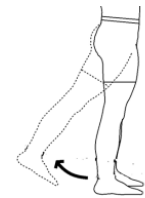
**Level II** At this level, you need to do \_\_\_\_\_ repetitions \_\_\_\_\_ sessions per day. Use ONLY your operative leg for these exercises. After four (4) weeks you may add small 1-3 pound ankle weights.

*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.



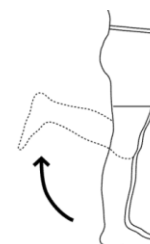
3. Move involved leg forward, keeping knee straight.
  - Then return to the starting position.
  - **NOTE: DO NOT** let your body lean backward.



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.



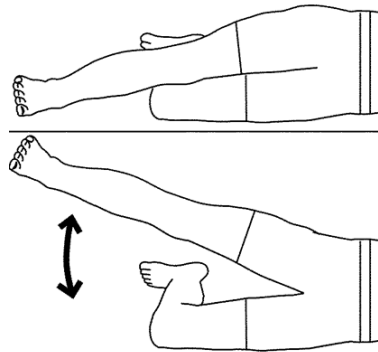


### Level III

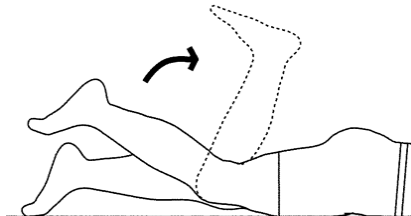
Begin this level at six (6) weeks following surgery.

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

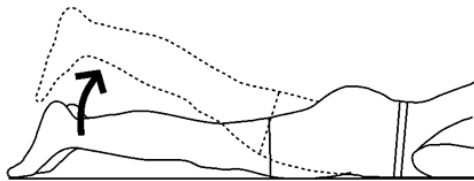
1. Lie on non-operative side with one (1) pillow between legs.
  - Lift operative leg two (2) to three (3) inches and hold for a count of three (3) and then lower leg.



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.

