

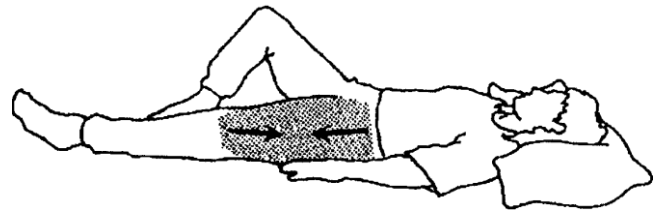
Total Hip Replacement Exercises

The following exercise program designed to maintain functional motion of your hip joint and increase your hip and leg muscle strength. It's important that you learn these exercises; you will need to do them in the hospital and at home for several months after your surgery. These exercises need to be done two to three times a day.

Ankle Range of Motion: Move your ankle up and down. Do this every hour for the first few days after your surgery. This will keep your circulation moving and promote healing.



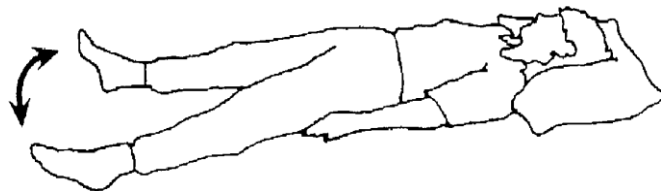
Quad Set: Lie on your back with your operated leg straight. Bend your unaffected leg and push the back of your knee of your operated leg down into the mat. This tightens the quadriceps muscle on the top of your thigh. Hold this contraction for five seconds; then relax the muscle completely. Repeat _____ times.



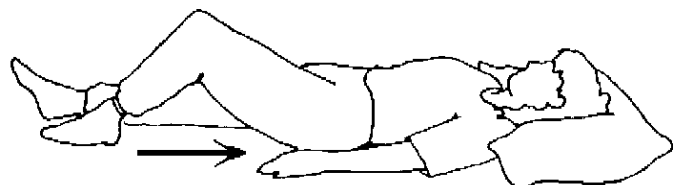
Buttocks Set: Lie on your back and squeeze your buttocks (gluteus) muscle together. Hold the contraction for five seconds; then relax the muscles completely. Repeat _____ times.



Hip Abductions: Lie on your back, keeping your operated knee straight. Slide your operated leg out to the side and then return your leg to near the midline. Keep your toes and knee pointed up towards the ceiling. DO NOT let your leg roll in or out. DO NOT allow your leg to cross the midline. Repeat _____ times.



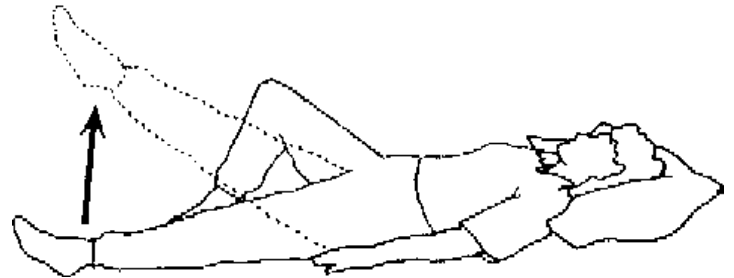
Hip Flexion: With your operated leg, bend both your hip and knee by sliding your heel along the mat surface towards your buttocks, keeping your foot on the mat. DO NOT bend your hip more than 90°. Slowly return to starting position. Repeat _____ times.



Knee Extension: Lie on your back. Place a small rolled towel or covered coffee can under the knee of your operated leg. Pick up your heel by straightening your knee completely. Pause and return to starting position. Repeat _____ times.



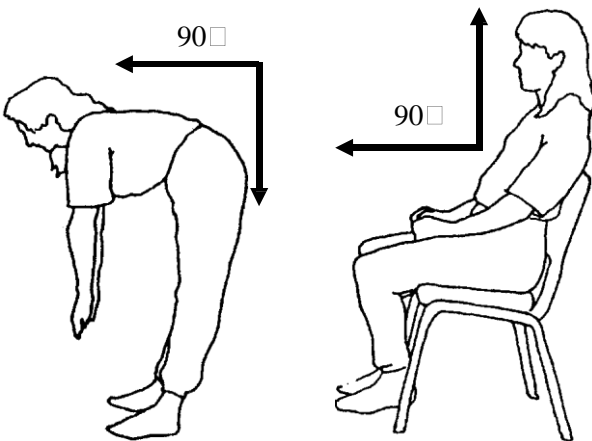
Straight Leg Raises: Bend your unaffected leg up, placing your foot on the mat. Keeping it in this position will protect your back. Do a quad set with your operated leg and lift your leg 6-10 inches off the mat surface, keeping the knee straight. *This exercise only done if recommended. Ask for help if you need assistance.*



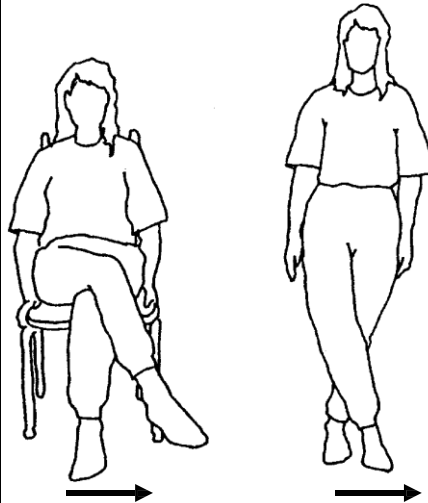
PRECAUTIONS

Here are three movements you need to avoid until your new hip has healed. **Follow these precautions until your physician states otherwise.**

Do not bend over at the waist or bring your operated leg up toward your chest to any more than a right angle (90°).

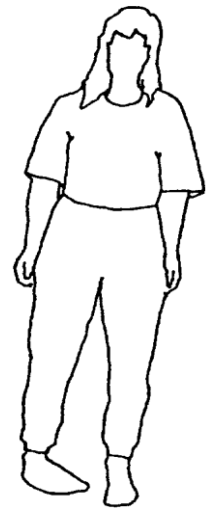


Do not cross your operated leg across the midline of your body by crossing your legs or ankles.



Do not attempt

Do not allow the knee or toes of your operated leg to turn inward when standing, sitting, or lying down.



Do not attempt

These movements, or a combination of these movements, must be avoided for at least two to three months- possibly indefinitely. If any of these movements occur together, a dislocation could result even as late as one or two years after surgery. The precautions will be reinforced throughout your hospital stay by your physician, nurses, and physical and occupational therapists.