Total Hip Exercises

Doing the exercises in this handout will help you recover after total hip replacement surgery. Do the selected exercises just like you were taught. Do the best you can without getting to the point of severe pain.

Exercise is often measured in **repetitions** and **sets**.

- A repetition is doing an exercise movement once.
- A set is a certain number of repetitions. For example, a set might be 10 repetitions.

Your physical therapist is:

_____

Phone number: _____

Your exercise instructions:

_____ repetitions each set

_____ sets each time you do the exercise

_____ times every day

☐ Buttocks squeeze

- Lie on your back with your legs straight.
- Squeeze buttocks together.
- Hold this position for _____ seconds.

☐ Hip abduction ("angels in the snow")

- Lie on your back with your legs together.
- Move your leg out to the side, keeping your knee straight.

- Return to starting position.

☐ Heel slides

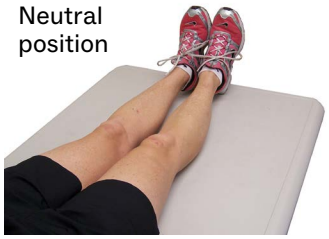
- Lie on your back with your legs straight.
- Slide your heel up toward your buttocks.
- Return to starting position.

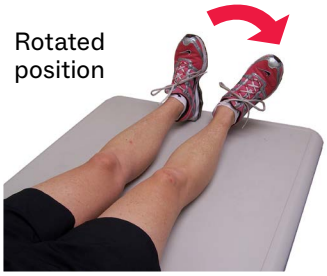
☐ Quad sets

- Lie or sit with your leg extended.
- Tighten the quad muscles, which are above your knee on the front of your thigh.
- Try to push the back of your knee downward.
- Hold this position for _____ seconds.

☐ External rotation

- Lie or sit on a firm, flat surface with your legs straight in front of you.
- Rotate one leg out from your hip, then return it to neutral position (toes straight up). Rotate the entire leg, not just your foot.
- Repeat with your other leg.





☐ **If** your incision is along the back or side of your leg, do not rotate your leg inward past neutral (no "pigeon toes").

☐ Straight leg raise

- Recline on your back, resting on your elbows.
- Bend your uninvolved leg.
- Straighten your operated leg as much as you can, tightening the muscles on top of the thigh.
- Raise your heel off the floor or bed about _____ inches. Hold for five seconds, then slowly lower and relax.

☐ Hamstring sets

- Sit with your leg slightly bent.
- Without moving your leg, tighten the muscles on the back of your leg.
- Try to push your heel down.
- Hold this position for _____ seconds.

☐ Short arc quad

- Sit on a flat surface with your hands behind you for support.
- Bend your uninvolved leg.
- Place a rolled-up bath towel under the knee of your operated leg.
- Straighten your operated leg by lifting your foot towards the ceiling, keeping your knee on the towel roll. Then slowly lower your foot.
- Ankle weights can be added to increase resistance.

☐ Sitting knee extension

- Sit with your legs bent to 90 degrees.
- Straighten your operated leg at your knee.
- Return to starting position.

☐ Hip extension

- Stand holding onto a table or wall for balance.
- Extend your operated leg backward, keeping your knee straight. Hold this position for _____ seconds.
- Return to the starting position.

☐ Hip abduction

- Stand up straight with your weight on your non-operated leg.
- Keep your knee straight and move your operated leg outward.
- Return to the starting position.

☐ Heel and toe raises

- Stand up using a counter for balance.
- Raise up on your toes as high as you can. Return to starting position and repeat.
- Next, put your weight on your heels and raise your toes. Return to starting position and repeat.

☐ Knee squats

- Stand on both feet, holding on to a counter or wall for balance if needed.
- Bend your knees to 45 degrees. Be sure to keep good low back posture. Don't let your knees go past the end of your toes.
- Return to the starting position.

☐ Knee raises

- Hold onto a table, and stand with your feet shoulder-width apart.
- Raise your operated knee as high as you can, then lower it.
- Repeat with the same knee.

☐ Standing hip flex

- Stand holding onto a table or chair for support.
- Lift your operated leg up as high as you can while keeping your knee straight.
- Lower your leg.
- Repeat with the same leg.

Tracking your exercise

Use the chart below to track your exercises during recovery. See the sample below.

Date	Exercise sessions		Date	Exercise sessions		Date	Exercise sessions
8/23	4 (or √√√√)						

Tracking your anticoagulant medication

While you're tracking your exercises, take time to track your Coumadin (warfarin). When you have a PT/INR test, record the result for that date. (To learn more about anticoagulant medication and PT/INR tests, see the Intermountain fact sheet *Hip Replacement Surgery: Home Instructions*.)

Fill in date range below		**PT/INR Result and Coumadin Doses**						
		Sun	**Mon**	**Tues**	**Wed**	**Thu**	**Fri**	**Sat**
Week 1:	**PT/INR Result:**							
	Dose:							
Week 2:	**PT/INR Result:**							
	Dose:							
Week 3:	**PT/INR Result:**							
	Dose:							
Week 4:	**PT/INR Result:**							
	Dose:							
Week 5:	**PT/INR Result:**							
	Dose:							
Week 6:	**PT/INR Result:**							
	Dose:							

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