

Pre-Operative Exercises: Total Hip Replacement

These exercises were designed to give you an early start on your rehabilitation program and help strengthen you in preparation for surgery. *All exercises are to be done within the limits of comfort. Discontinue any exercises that produce pain.*

For all exercises: Repeat 10 times; 1-2 times per day.

Bed Exercises-Lying on Back

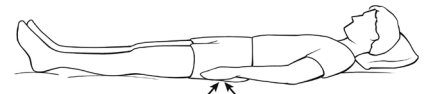
1. **Ankle Pumps** - Pump ankles back and forth.



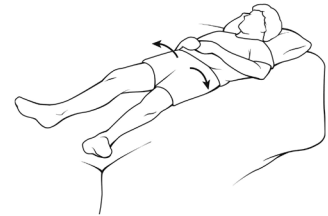
2. **Quad Set** - Tighten muscle on the front of your thigh by pushing your knee down into the bed, hold for 5 seconds.



3. **Glut Set** - Squeeze your buttocks together, hold for 5 seconds.



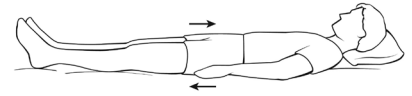
4. **Hip Rotation** - Roll both of your legs out to the side and then back to neutral, keep your knees straight.



5. **Thomas Test Stretch** - Bring your un-affected leg toward your chest, hug your knee to chest using your arms. Stretch your affected leg long, hold for a count of 5 seconds. You should feel a stretch across the front of your affected hip.



6. **Hula** - Push one leg long while pulling the other leg short, keep your knees straight. Repeat with your other leg.



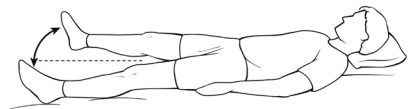
7. **Heel Slides** - Bend your knee by sliding your heel on the bed towards your buttocks.



8. **Short Arc Quad** - Place a folded pillow or towel roll under the knee of your affected leg, so that your knee is bent and your heel is resting on the bed. Lift your lower leg off the bed, hold for 5 seconds.



9. **Hip Abduction and Adduction** - Slide your affected leg out to the side and back to the center, keeping your knee straight.



Standing Exercises

Use solid sink or countertop for support with all standing exercises.

1. **Toe Raises** - Lift heels up and down slowly. (Figure 1)
2. **Hip Flexion** - Lift affected leg off floor, bringing the knee as high as you can, and hold for 5 seconds. (Figure 2)
3. **Hip Extension** - Keep your knee and trunk straight; bring your leg behind you. (Figure 3)
4. **Hip Abduction** - Keep your knee straight and bring your leg straight out to the side, hold for 5 seconds. (Figure 4)



Figure 1



Figure 2



Figure 3



Figure 4