

## Dr. Kavanagh's Hip Replacement Exercises

### Right Total Hip Replacement:

1. **Side lying leg lifts:** Lay down on your left side. Lift your right leg up toward the ceiling, about 4-6 inches, and hold your leg in this position for two seconds. Do this for 30 repetitions. You can work up to adding 2 ½ lb. weights. (The ankle weights that wrap around the ankle with Velcro closure.)
2. **2 Step:** Balance on right leg, tap left foot for 2 minutes, back and forth. Do this three times per day.
3. **Lunge:** Step forward on left leg. Stretch right leg behind you. Lean forward, keeping your upper body straight, try to keep your right heel on the floor. Do this for four minutes, twice per day.

### Left Total Hip Replacement:

1. **Side lying leg lifts:** Lay down on your right side. Lift your left leg up toward the ceiling, about 4-6 inches, and hold your leg in this position for two seconds. Do this for 30 repetitions. You can work up to adding 2 ½ lb. weights. (The ankle weights that wrap around with Velcro closure).
2. **2 Step:** Balance on left leg, tap right foot for 2 minutes, back and forth. Do this three times per day.
3. **Lunge:** Step forward on right leg. Stretch left leg behind you. Lean forward, keeping your upper body straight, try to keep your left heel on the floor. Do this for four minutes, twice per day.