

# Hip Replacement Physical Therapy Pre- and Post-Op Exercises



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## PRE-SURGICAL EXERCISES

The at-home pre- and post-operative exercises described in the following pages are intended to safely build the strength and balance you will need to successfully complete your joint replacement journey.

These exercises should be done daily as directed by your physical therapist in the weeks leading up to and following surgery. However, it is important not to push yourself beyond your ability or pain threshold. As with any new exercise program, it is important to have your physician or physical therapist determine if these exercises are right for your individual condition.



## PRE-SURGICAL EXERCISES

### 1. SUPINE ACTIVE ANKLE PUMPS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with one leg bent and your other leg straight.
- Point your foot away from your body, then bend it back in the opposite direction and repeat.
- When sets are completed, repeat with your other leg.

**TIP:** Make sure to keep the rest of your leg relaxed and focus the movement on your ankle.



## PRE-SURGICAL EXERCISES

### 2. SUPINE GLUTEAL SETS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your hands resting comfortably.
- Tighten your buttock muscles, then release and repeat.

**TIP:** Make sure to keep your low back in a neutral position during the exercise. Don't hold your breath as you tighten your muscles.



### 3. HOOKLYING GLUTEAL SETS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your knees bent and heels on the floor.
- Tighten your buttock muscles, digging your heels into the floor, then release and repeat.

**TIP:** Make sure to keep your low back in a neutral position on the floor during the exercise.



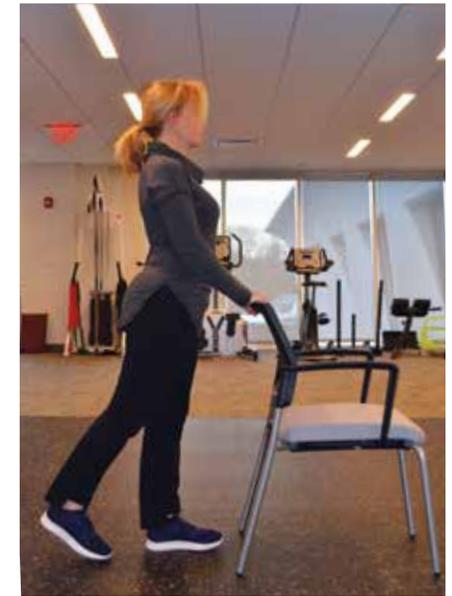
## PRE-SURGICAL EXERCISES

### 4. STANDING HIP EXTENSION

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin in a standing upright position holding onto a stable surface for support.
- Raise one leg backward, then slowly return to the starting position and repeat.
- When sets are completed, repeat with your other leg.

**TIP:** Make sure to keep your leg straight and shoulders and hips facing forward during the exercise.



## PRE-SURGICAL EXERCISES

### 5. STANDING HIP ABDUCTION

**Reps: 10      Sets: 2      Weekly: 4 X**

- Begin in a standing upright position holding onto a stable surface for support.
- Lift one leg out to your side, then slowly return to the starting position and repeat.
- When sets are completed, repeat with your other leg.

**TIP:** Make sure to keep your leg straight and shoulders and hips facing forward during the exercise.



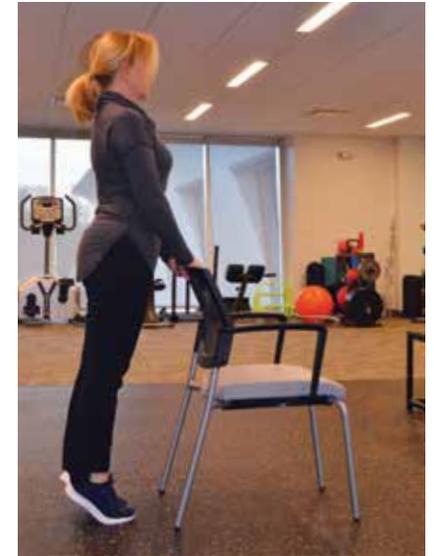
## PRE-SURGICAL EXERCISES

### 6. STANDING HEEL RAISES

**Reps: 10      Sets: 2      Weekly: 4 X**

- Begin in a standing upright position holding onto a stable surface for support.
- Slowly raise both heels off the ground then lower them down to the floor and repeat.

**TIP:** Make sure to maintain an upright posture and keep your weight on the balls of your feet when you lift your heels.



## PRE-SURGICAL EXERCISES

### 7. SINGLE HIP STANCE WITH SUPPORT

**Reps:** 3      **Sets:** 1      **Weekly:** 4 X

- Begin in a standing upright position holding on to a stable surface for support.
- Lift one foot off the floor and hold this position for 10 seconds.
- When sets are completed, repeat with your other leg.

**TIP:** Make sure to maintain your balance during the exercise.



## PRE-SURGICAL EXERCISES

### 8. HOOKLYING CLAMSHELL WITH RESISTANCE

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin by lying on your back with your knees bent, feet resting on the floor, and a resistance band or loop secured around your legs.
- Move your knees away from each other, creating tension in the band, then slowly return to the starting position and repeat.

**TIP:** Make sure to maintain a neutral low back during the exercise.



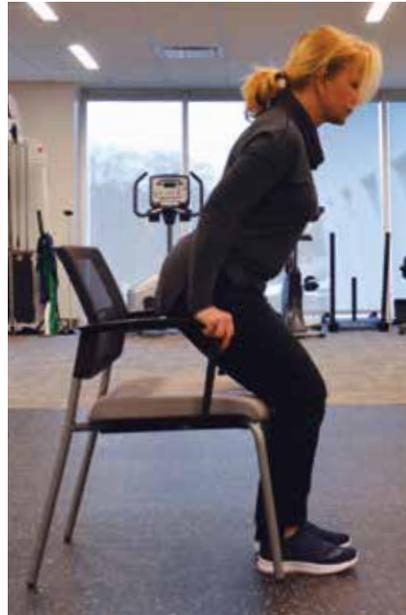
## PRE-SURGICAL EXERCISES

### 9. ARM-CHAIR PUSH UP

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin sitting upright in a chair with your feet resting flat on the floor and your hands on the armrest.
- Straighten your arms, lifting your body off of the chair. Hold briefly, then lower back down and repeat.

**TIP:** Make sure to use a sturdy chair and use your legs to balance as needed. Do not shrug your shoulders during the exercise.



## PRE-SURGICAL EXERCISES

### 10. SUPINE TRANSVERSUS ABDOMINALS BRACING WITH LEG EXTENSION

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your knees bent, feet resting on the floor.
- Tighten your abdominal muscles, pulling your navel in toward your spine. Hold this position, then straighten one knee, holding your leg a few inches off the ground. Bring it back to the starting position.
- When sets are completed, repeat with your other leg.

**TIP:** Make sure to keep your abdominals tight as you extend your legs. Do not hold your breath during the exercise.



## PRE-SURGICAL EXERCISES

### 11. BEGINNER BRIDGE

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your knees bent and feet resting flat on the floor hip distance apart.
- Lift up through your pelvis as you exhale, inhale and slowly lower back down, and repeat.

**TIP:** Make sure to engage your core, maintain a neutral spine, and keep your upper back on the floor during the exercise.



## POST-SURGICAL EXERCISES

The following exercises will help you make a successful recovery from your hip replacement. The first set will improve your range of motion and flexibility. The second set includes exercises to restore your strength.

### 1. SUPINE ACTIVE ANKLE PUMPS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with one leg bent and your other leg straight.
- Point your foot away from your body, then bend it back in the opposite direction and repeat.

**TIP:** Make sure to keep the rest of your leg relaxed and focus the movement on your ankle.



## POST-SURGICAL EXERCISES

### 2. SUPINE GLUTEAL SETS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your hands resting comfortably.
- Tighten your buttock muscles, then release and repeat.

**TIP:** Make sure to keep your low back in a neutral position during the exercise. Do not hold your breath as you tighten your muscles.



### 3. HOOKYLING GLUTEAL SETS

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your knees bent and heels on the floor.
- Tighten your buttock muscles, digging your heels into the floor, then release and repeat.

**TIP:** Make sure to keep your low back in a neutral position on the floor during the exercise.



## POST-SURGICAL EXERCISES

### 4. BEGINNER BRIDGE

**Reps:** 10      **Sets:** 2      **Weekly:** 4 X

- Begin lying on your back with your knees bent and feet resting flat on the floor hip width apart.
- Lift up through your pelvis as you exhale, inhale and slowly lower back down, and repeat.

**TIP:** Make sure to engage your core, maintain a neutral spine, and keep your upper back on the floor during the exercise.



## POST-SURGICAL EXERCISES

### 5. SUPINE HIP ABDUCTION

**Reps:** 10    **Sets:** 2    **Weekly:** 4 X

- Lie on your back on a bed or flat surface with your feet slightly apart.
- Slowly slide your affected leg out to your side, then return to the starting position and repeat.

**TIP:** Make sure to keep your toes pointing upward toward the ceiling and do not bring your feet completely together during the exercise.



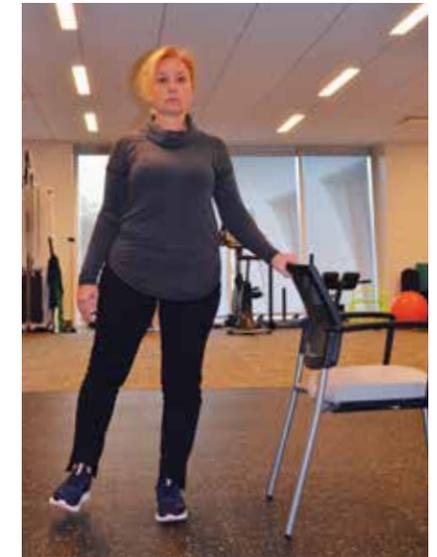
## POST-SURGICAL EXERCISES

### 6. STANDING HIP ABDUCTION

**Reps:** 10    **Sets:** 2    **Weekly:** 4 X

- Begin in a standing upright position holding onto a stable surface for support.
- Lift your affected leg out to your side, then slowly return to the starting position and repeat.

**TIP:** Make sure to keep your shoulders and hips facing forward during the exercise.



**NOTE:** Post-Op exercises should be done with the affected leg only.

## POST-SURGICAL EXERCISES

### 7. SINGLE LEG STANCE WITH SUPPORT

Reps: 3      Sets: 1      Weekly: 4 X

- Begin in a standing upright position holding on to a stable surface for support.
- Slowly lift the knee of your affected leg to waist height and hold for 10 seconds.

**TIP:** Make sure to maintain your balance during the exercise.



**NOTE:** Post-Op exercises should be done with the affected leg only.

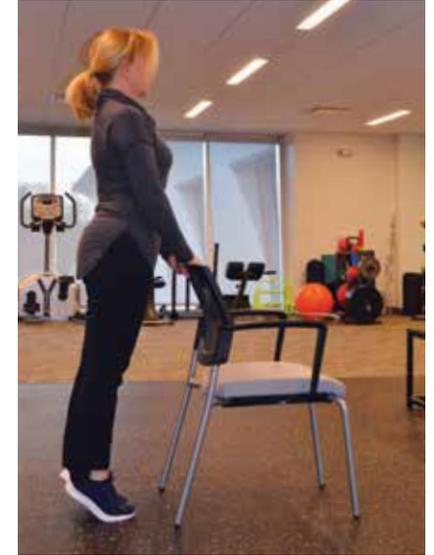
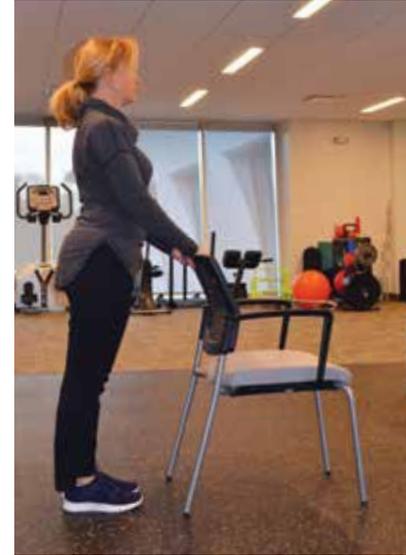
## POST-SURGICAL EXERCISES

### 8. STANDING HEEL RAISE WITH SUPPORT

Reps: 10      Sets: 2      Weekly: 4 X

- Begin in a standing upright position holding onto a stable surface in front of you for support.
- Slowly lift the knee of your affected leg to waist height and hold for 10 seconds.

**TIP:** Make sure to keep the balls of your feet on the ground and maintain your balance during the exercise.









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