

Clinician Notes

TOTAL HIP REPLACEMENT HOME EXERCISE PROGRAM

Joint replacement surgery is often done to relieve pain from arthritis or repair damage to a joint from an injury. Joint replacement can help improve pain, movement, and overall quality of life. Surgery is the first step in your journey to recovery. Your success in recovery depends on your commitment to exercise and a healthy lifestyle. It is important to follow all orders and recommendations from your doctor and care team.

Perform exercises exactly as recommended by your therapist. Do not perform any exercises your therapist has not reviewed with you.

Supine Ankle Pumps

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Gluteal Sets

SETS: 3	REPS: 10	HOLD: 3 SEC
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Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Quadricep Sets

SETS: 3

REPS: 10

HOLD: 3 SEC

1



2



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Supine Heel Slide

SETS: 3

REPS: 10

1



2



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Supine Isometric Hamstring Set

SETS: 3	REPS: 10
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1



2



Setup

Begin lying on your back with one leg bent and your foot resting on the floor.

Movement

Gently press your heel into the ground. Without moving your leg, contract your muscles as if you were pulling your heel toward your buttock.

Tip

Make sure not to arch your low back during the exercise.

Supine Hip Abduction

SETS: 3

REPS: 10



Ask your therapist if this exercises is approved by your doctor before performing.

Setup

Begin lying on your back with your legs straight.

Movement

Move one leg out to the side as far as you can without bending at your side.

Tip

Make sure to keep your back on the ground and do not move your upper body during the exercise.

Seated Long Arc Quad

SETS: 3

REPS: 10

1



2



Setup

Begin sitting upright.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, then lower it back to the starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Standing Hip Abduction with Counter Support

SETS: 3

REPS: 10

1



2



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

Mini Squat with Counter Support

SETS: 3

REPS: 10

1



2



Setup

Begin in a standing upright position with your feet shoulder width apart and your hands resting on a counter.

Movement

Slowly bend your knees to lower into a mini squat position. Hold briefly, then press into your feet to return to a standing upright position and repeat.

Tip

Make sure to keep your heels on the ground and use the counter to help you balance as needed. Do not let your knees bend forward past your toes or collapse inward.

Standing March with Counter Support

SETS: 3

REPS: 10

1



2



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Standing Hamstring Curl with Chair Support

SETS: 3

REPS: 10



Setup

Begin standing with your hands resting on a stable surface or chair, and one leg slightly bent with your toes resting on the ground.

Movement

Bend your knee, lifting your foot off the ground, then return to the starting position and repeat.

Tip

Make sure to only bend at your knee and do not let your thigh move forward past your other leg during the exercise.

Standing Toe Raises at Chair

SETS: 3

REPS: 10

1



2



Setup

Begin in a standing upright position holding onto a stable surface in front of you for support.

Movement

Slowly raise the balls of your feet off the ground as far as you can, then lower them back to the floor and repeat.

Tip

Make sure to keep your heels on the ground and maintain your balance during the exercise.

Controlling Swelling in Your Legs

Swelling in your limbs is common after an injury, surgery, or as a result of certain health conditions. Follow the tips below to help control any **SWELLING IN YOUR LEGS**.

Tips to Reduce Swelling

- ▶ One of the easiest ways to manage swelling is to elevate your swollen limb. As much as possible, keep your leg(s) elevated above the level of your heart when sitting or lying down. Support your legs with a pillow under your calf, but not under your heel or knee.
- ▶ Apply an ice pack to your hip, knee, ankle, or foot for 10-20 minutes, every 2-3 hours, or as recommended by your health care provider.
- ▶ Massage your leg with lotion. Begin at your foot and use firm pressure with long, smooth strokes to rub up towards your knee, and then to your hip. Do not do this if you have open wounds.
- ▶ Wear TED hose or compression stockings as recommended by your health care provider.
- ▶ Avoid wearing jewelry or tight clothing around your legs.
- ▶ Do not sit or stand for long periods of time without moving.
- ▶ Do exercises:
 - Do ankle pumps: point your toes towards you, then point your toes away from you. Repeat this 10-30 times each hour.
 - Draw the alphabet with your ankle.
 - Keeping your leg elevated, bend and straighten your knee.



Red Flags

Contact your health care provider if you experience:

- ▶ Redness
- ▶ Open wounds
- ▶ Pain in your legs or feet
- ▶ Skin that is warm to the touch
- ▶ Numbness
- ▶ The color or temperature of your toes changes

UNDERSTANDING YOUR PRECAUTIONS:

Total Hip Arthroplasty - Posterior Approach

AFTER A POSTERIOR APPROACH total hip replacement, there are some positions your provider may recommend you avoid during your recovery. It is important to follow these precautions and any other instructions your provider gives you regarding your new hip to protect it and allow it to heal properly.

Your New Hip

During a hip replacement surgery, the head of your thighbone (femur) was replaced with a durable implant called a prosthesis. To do this replacement, your surgeon dislocated your hip, which weakened the ligaments and muscles that surround and control it. These muscles need time to heal and strengthen to hold your new joint in place.

Your new prosthesis is smaller than the head of the femur that was replaced. This smaller size means if you twist too far or put too much weight on the hip, it can come out of place, or dislocate.

To avoid dislocating your new hip, you will need to follow several hip movement precautions.



HIP JOINT WITH PROSTHESIS

SITTING PRECAUTIONS



Avoid bending more than 90 degrees at the hip when sitting or standing.



Use your reacher to bring objects to your body.



Avoid crossing your legs at the knees or ankles when sitting.



Keep your knees lower than your hips by sitting on a firm cushion.

STANDING PRECAUTIONS



Avoid bending your upper body at your waist more than 90 degrees.



Do not cross your legs at the knees when standing.



Do not plant your feet and then twist at your hip when turning.



When turning, pick your feet up and move your entire body.

OTHER PRECAUTIONS



WEIGHT BEARING

Your healthcare provider will tell you how much weight to bear, or to put on, your surgical leg. Only place the suggested weight on your leg, and ask your surgeon or therapist if you have any questions.



SLEEPING

When you are in bed, keep your legs apart. Try placing a pillow between your legs to prevent your surgical leg from turning inward or outward too far. Sleep only on your back, unless directed by your provider.



HEALTHY SLEEP POSITION

Your Provider's Notes:

UNDERSTANDING YOUR PRECAUTIONS:

Total Hip Replacement - Anterior Approach

AFTER AN ANTERIOR APPROACH total hip replacement, there are some positions your provider may recommend you avoid during your recovery. While your muscles and ligaments heal, it is important to follow all precautions and instructions your provider gives you regarding your new hip. These precautions prevent dislocation of your new joint and allow it to heal properly.



HIP JOINT WITH PROSTHESIS

STANDING PRECAUTIONS



Do not step backwards with your surgical leg or extend your surgical leg behind you.



Do not pivot on your surgical leg.



When turning, pick your feet up and move your entire body.



Avoid turning your leg outwards when standing.



Avoid crossing your legs at the ankles when standing.



Keep your knees and toes pointing straight ahead when standing and walking.

SITTING PRECAUTIONS



Avoid turning your leg outwards when sitting.



Do not cross your legs at the knees when sitting.



Do not cross your legs at the ankles when sitting.



Keep your knees and toes pointing straight ahead.

LYING PRECAUTIONS



Avoid turning your leg outwards or crossing your legs when lying down.



Do not use your own muscle power to move your surgical leg out to the side, such as when getting out of bed.



Use a leg lifter to move your surgical leg out to the side when getting out of bed.



Do not lift your buttocks up when lying on your back (called bridging).



Avoid lying face down on your stomach.



To sleep, lie on your back with a pillow under your knees or lie on your side with two pillows between your legs.

Your Provider's Notes:

NOTE: Due to the minimally invasive nature of this procedure, your surgeon may not place you on any movement or position restrictions. If you are unsure of your restrictions, ask your surgeon or therapist.