

U.K. HealthCare.

Good Samaritan

**UK ORTHOPEDICS
TOTAL HIP REPLACEMENT
HOME EXERCISE PROGRAM**

Dr. Duncan

Phase I

Physical and Occupational Therapy

University of Kentucky Good Samaritan 125 East Maxwell Suite 101 Lexington, Kentucky 40536

Phone (859) 218-3355 Fax (859) 257-2343 www.ukhealthcare.uky.edu/goodsamaritan

Total Hip Replacement
Patient Education Information

Physical therapy will play a significant part in your recovery after surgery. You will have many questions throughout rehabilitation. This information sheet will help to answer some of those questions. Please ask your physical therapist to answer any further questions.

Activity

Physical therapy will begin the day of surgery with exercises and assistance getting out of bed. On the first day after surgery you will start walking with a walker. Remember, the sooner you start activity the easier your rehabilitation will be.

Exercises

You will receive physical therapy two times a day while in the hospital. Your physical therapist will assist you with the exercises and progress them each day. Upon discharge from the hospital, you will receive a packet of exercises designed specifically for you. You must continue your exercise program at home two to three times a day.

Walking

A walker or crutches will be needed to help you walk for a few months. The walker should be used in the following pattern:

Walker, surgical leg, unaffected leg

When going up steps, go up with your unaffected leg first

When going down steps, go down with your surgical leg first

(Up with the Good, Down with the Bad)

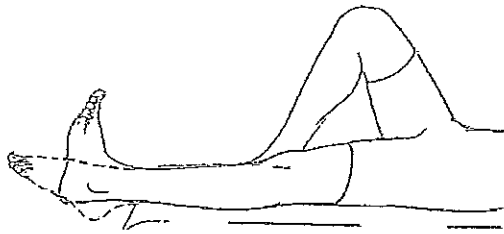
Do's

- Do your exercises 2-3 times each day
- Do get out of bed as soon and as much as possible
- Do keep a pillow between your knees while in bed

Do not's

- Do not keep your knees bent all the time
- Do not try to get out of bed on your own while in the hospital

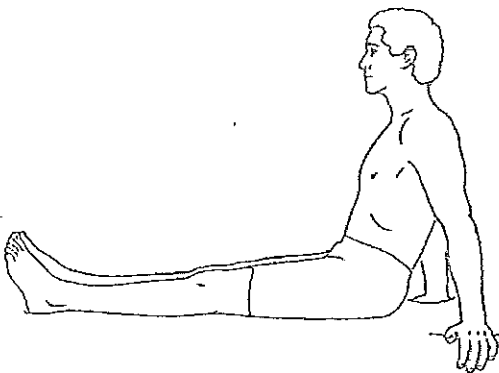
Ankle Pumps



With leg relaxed, gently flex and extend ankle.
Move through full range of motion. Avoid pain.

Repeat 20 times per set.
Do 3 sessions per day.

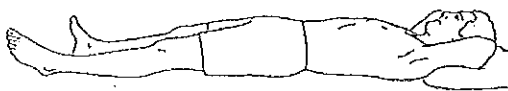
Knee Push Downs



Tighten muscles on top of thighs by pushing knees down into surface.
Hold 3 seconds.

Repeat 20 times per set.
Do 3 sessions per day.

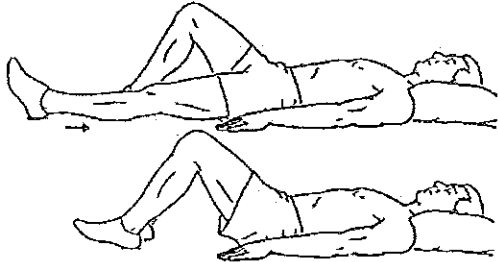
Buttocks Squeezes



Tighten buttock muscles. Hold 3 seconds each.

Repeat 20 times per set.
Do 3 sessions per day.

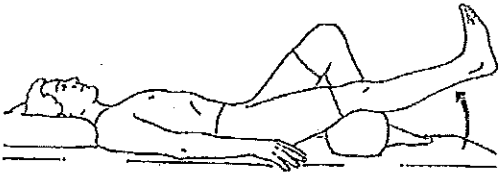
Heel Slide (Supine)



Place bedsheet around surgical foot. Pull with arms and slide surgical foot toward buttocks until a gentle stretch is felt. Maintain heel against surface at ALL TIMES. Hold 3 seconds.

Repeat 20 times per set.
Do 3 sessions per day.

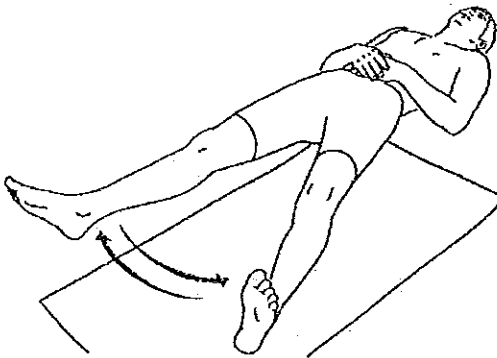
Short Arc Quad



With surgical knee over bolster (pillow), straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster. Hold 3 seconds.

Repeat 20 times per set.
Do 3 sessions per day.

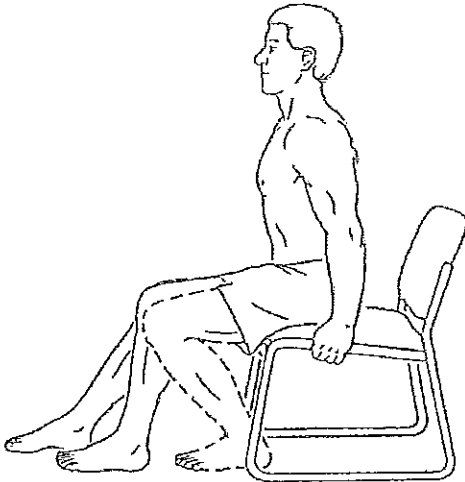
Hip Abduction / Adduction:



Lift surgical leg 1-2 inches and move out to side and return. Keep knee straight.

Repeat 20 times per set.
Do 2 sessions per day.

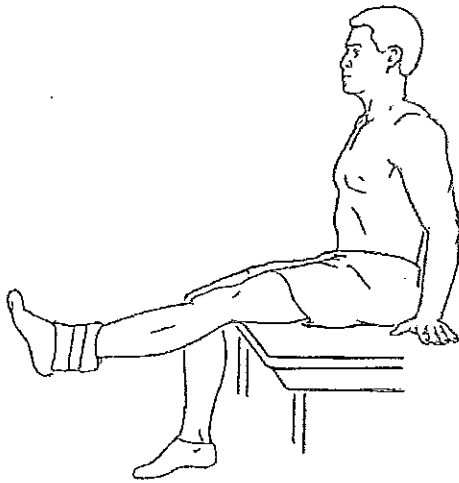
Seated Knee Flexion



Slide surgical foot back directly under knee, keeping toes pointed forward until gentle stretch is felt. Keep entire foot on floor. Hold 3 seconds.

Repeat 20 times per set.
Do 3 sessions per day.

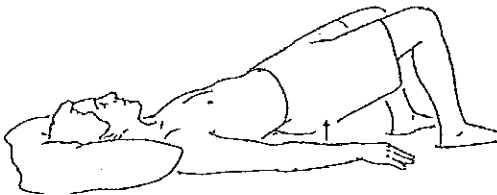
Long Arc Quad



Start with surgical leg in bent position, then straighten knee fully and hold for 3 seconds. Lower slowly.

Repeat 20 times per set.
Do 3 sessions per day.

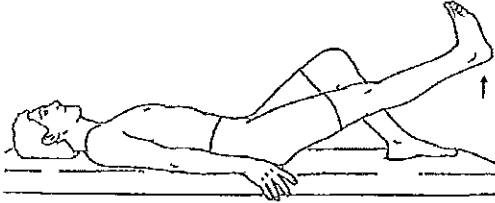
Bridging



Slowly raise buttocks from floor in pain free range of motion, keeping stomach tight.

Repeat 20 times per set.
Do 3 sessions per day.

Straight Leg Raise



Tighten muscles on front of surgical thigh, then lift leg 6-10 inches from surface, keeping knee locked. Slowly return to starting position and allow leg to relax.

Repeat 20 times per set.
Do 3 sessions per day.

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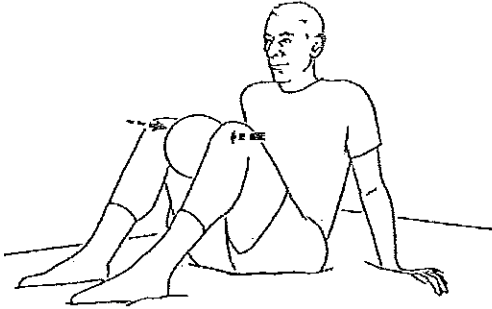
Phase II

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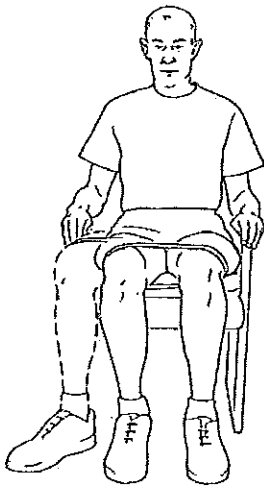
Seated Ball / Pillow Squeeze



Seated in chair, with pillow folded between knees, squeeze knees together. Hold 3 seconds.

Perform 20 repetitions.
Perform 3 sessions
per day.

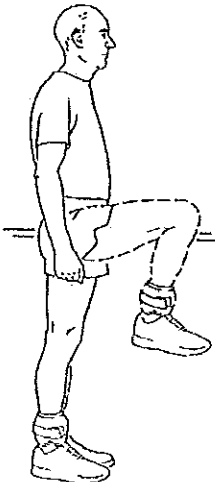
Seated Hip Abduction With Towel



Sit with feet flat and towel tightly wrapped around knees. Push legs outward against towel.

Perform 20 repetitions.
Perform 3 sessions per day.

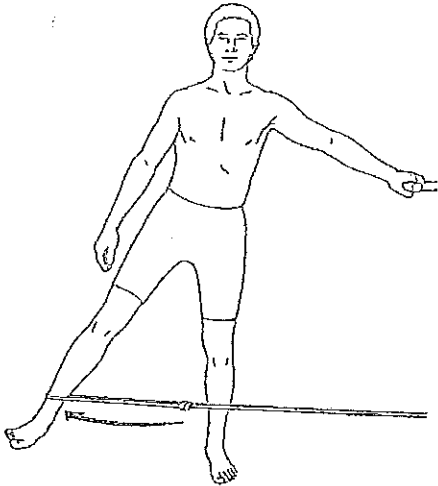
Standing Marching



Stand, both feet flat. Lift surgical knee toward ceiling. Hold for 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Perform 3 sessions
per day.

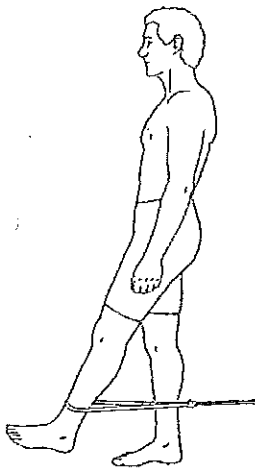
Hip Abduction



NO TUBING
Extend surgical leg out from side, keeping knee straight. Hold 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions per day.

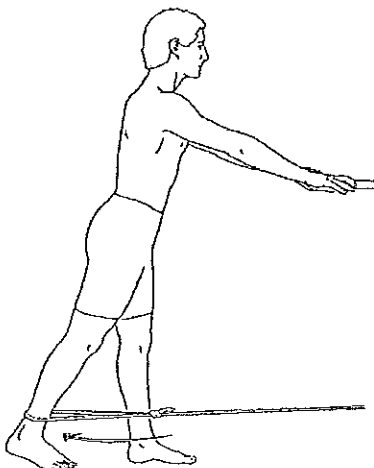
Hip Flexion



NO TUBING.
Extend surgical leg forward, keeping knee straight. Hold 3 seconds. Then repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions per day.

Hip Extension



NO TUBING
Extend surgical leg straight back. Hold 3 seconds. Repeat with opposite leg.

Perform 10 repetitions each leg.
Do 3 sessions per day.

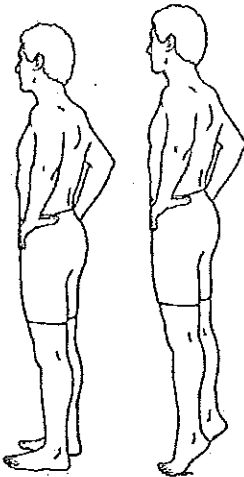
Toe Raise (Standing)



Rock back on heels.

Perform 20 repetitions per set
Do 3 sessions per day.

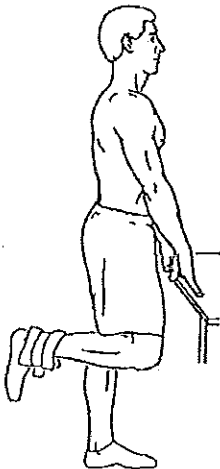
Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Perform 20 repetitions per set.
Do 3 sessions per day.

Hamstring Curl



Start in standing position. Slowly bend knee up of surgical leg. Return slowly. Then repeat with opposite leg.

Perform 20 repetitions per set.
Do 3 sessions per day.

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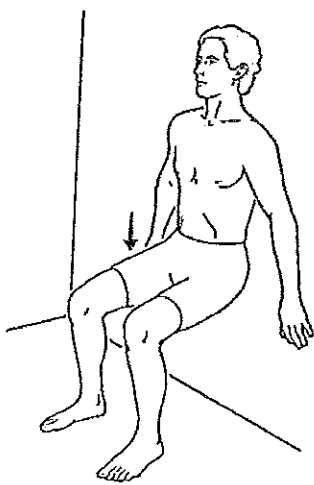
Phase III

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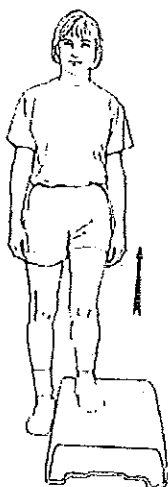
Wall Slide



Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until knee bent to 90 degree angle.

Perform 20 repetitions.
Do 3 sessions per day.

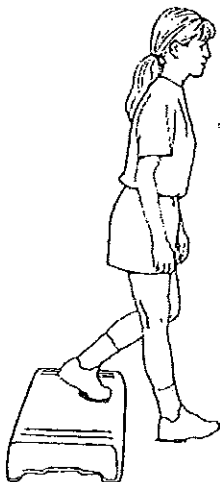
Single-Leg Step-Up



With foot of surgical leg on 6 inch step, straighten leg. Slowly return to starting position.

Perform 20 repetitions
Do 3 sessions per day.

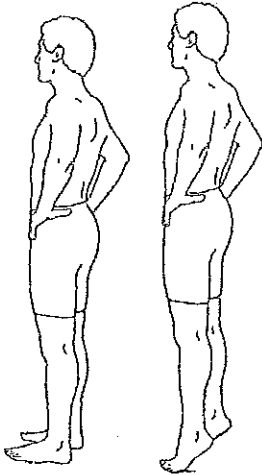
Step Down



Stand on 2 inch step. Bend knee of surgical leg to slowly lower opposite heel to ground with no weight on heel. Return to start.

Perform 10 repetitions per set.
Do 3 sessions per day.

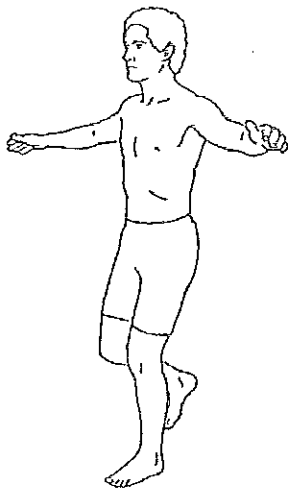
Heel Raise: Bilateral (Standing)



Rise on balls of feet.

Perform 20 repetitions per set.
Do 3 sessions per day.

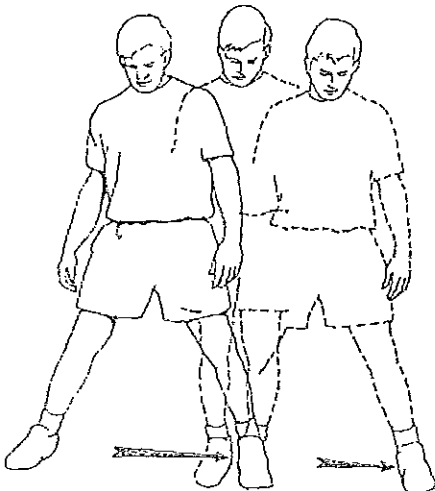
Balance: Unilateral



Attempt to balance on surgical leg, eyes open. Hold 30 seconds.

Perform 4 times per session.
Do 3 sessions per day.

Side-Step



Step sideways 10 feet to the right. Then step sideways to the left to return to starting position.

Perform 4 repetitions per session.
Do 3 sessions per day.