

Home Exercises after Total Hip Replacement

HIP ABDUCTION

EASY



Lie on your back and slide your surgical leg out to your side as far as you can. Hold for ten seconds then slide your leg back. Repeat this 30 times. Do this every morning, afternoon, and night. This should quickly (usually 4-5 days post-operatively) become too easy for you. At this point, progress to “medium.”

MEDIUM



Stand with one hand on your surgical hip and the other hand resting on a chair for balance. With your non-surgical leg planted firmly on the ground, lift your surgical leg out to the side as far as you can. Hold it out to the side for ten seconds and then bring your leg back down. Remember to keep your surgical leg and foot pointing straight ahead (your toes will want to turn out).



It is better to hold your leg out only a short distance for the full ten seconds than it is to bring the leg out a far distance and not be able to hold it in that position. Repeat this 30 times. Do this every morning, afternoon and night. This exercise can also be done with both hands resting on a chair for balance. Do not put weights or bands on your ankle. Soon this will become too easy. At this point progress to “hard.”

HARD



Lie on your non-surgical side with your arm closest to the ground straight up under your head, your other arm resting on the floor in front of you for balance, and your legs out straight. Lift your surgical leg into the air in a scissor-like motion. Hold it up in the air for ten seconds.

Again, remember to keep your surgical leg and foot pointing straight ahead (your toes will want to turn up). It is better to hold your leg up only a short distance for the full ten seconds than it is to bring the leg up a far distance and not be able to hold it in that position. Repeat 30 times. Do this every morning, afternoon, and night. Do not put weights or bands on your ankle.

DO NOT DO ANY OF THE FOLLOWING EXERCISES



No Squats



No Lunges



No Straight Leg Raises



No Stairs for Exercise