

Total Hip Replacement Home Exercise Program – Phase II

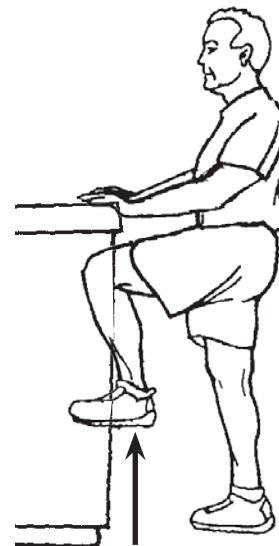
Direct Anterior or SuperCap/SuperPATH

Apply ice to your incision area for 20 to 30 minutes after exercising to help lessen discomfort. A heating pad should not be used without your surgeon’s approval.

1. Standing hip flexion

Action: With hands on counter for balance, raise knee towards your waist, allowing knee to bend. Slowly return leg to starting position.

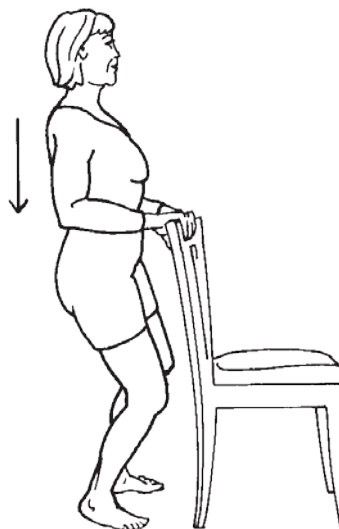
Do _____ repetitions _____ times per day.



2. Standing mini squats

Action: Stand with hands on counter or sturdy chair for balance. Bend knees slowly, keeping each knee cap over the second toe. Bend only partially down. Return to starting position.

Do _____ repetitions _____ times per day.



3. Standing hip abduction

Action: Stand with hands on counter or sturdy chair for balance. Lift involved leg out to the side. Keep both knees pointing forward. Do not allow pelvis or back to move. Return leg to starting position.

Do _____ repetitions _____ times per day.

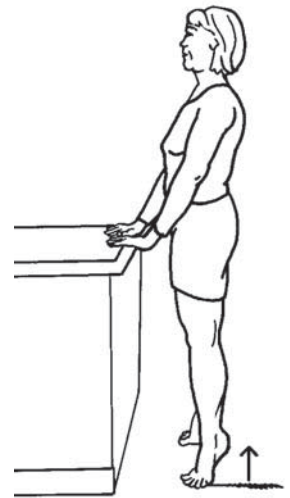


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4. Heel raises

Action: Stand with hands on counter for balance. Raise heels off the floor so you are standing on the balls of your feet. Hold abdominal and buttock muscles tight throughout the exercise. Slowly return to starting position.

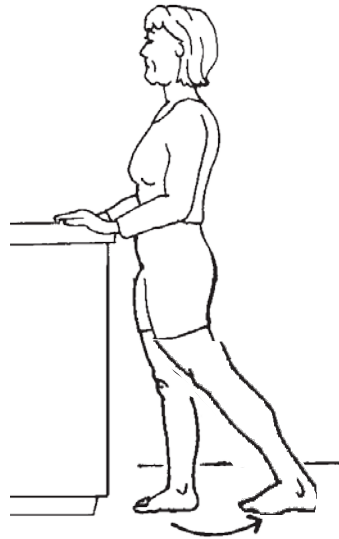
Do _____ repetitions _____ times per day.



5. Standing hip extension

Action: With hands on counter for balance, kick leg behind you slowly. Do not lean forward. Slowly return to starting position.

Do _____ repetitions _____ times per day.



6. Standing knee flexion

Action: With hands on counter for balance, bend knee of involved leg so that heel moves toward buttocks. Slowly return to starting position.

Do _____ repetitions _____ times per day.

