



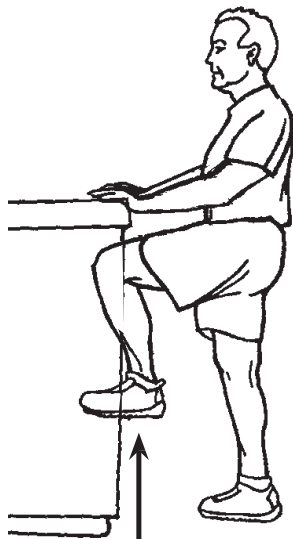
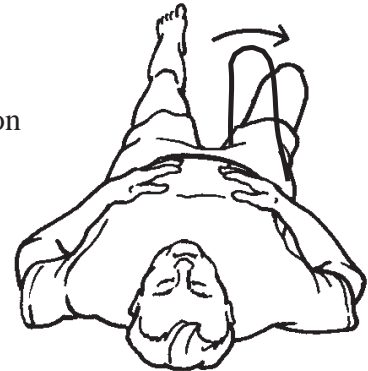
Total Hip Replacement Home Exercise Program, Anterior lateral – Phase II

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. Bent knee fall outs

Action: Lie down. Keep the non-surgical leg straight and position the surgical leg with foot on floor and knee bent. Put hands on pelvis to monitor motion. Gently let the bent knee fall out to the side – do not force additional movement. The back and pelvis should not move. Return to starting position.

Do _____ repetitions _____ times per day.



2. Standing hip flexion

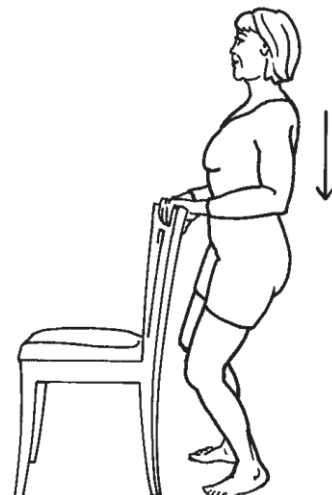
Action: With hands on counter for balance, raise knee towards your waist, allowing knee to bend. Slowly return to starting position.

Do _____ repetitions _____ times per day.

3. 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.

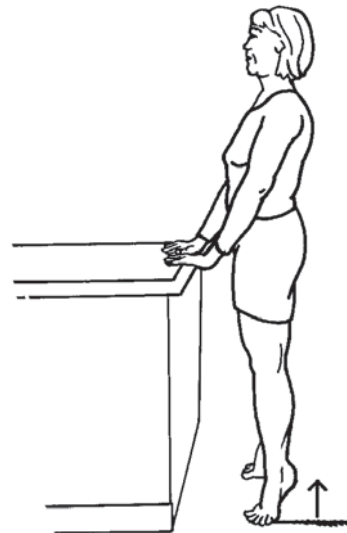


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4. Heel raises

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 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.

