

Getting Ready for Hip Replacement

Prehab: strengthen before surgery

The stronger your hip and leg muscles are before surgery, the easier your recovery usually is. Start these exercises as soon as surgery is scheduled, ideally 4 to 8 weeks before.

- Do the exercises 3 to 5 days a week.
- Start with 1 set. Build to 2 or 3 sets as it gets easier.
- Walk or bike most days, as comfortable. A cane in the opposite hand helps on bad days.
- Practice getting up from chairs and using stairs safely. Set up your home before surgery.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

YOUR PROGRAM



Sit to Stand

Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Side-Lying Hip Raise

Lie on your side, bottom knee bent. Keep your top leg straight and slightly behind you, toes forward. Lift about 12 inches, lower slowly.

Do: 12 reps x 2 sets, each side

Don't let your top hip roll backward.



Standing Hip Raise to the Side

Hold a counter and stand tall. Lift your leg out to the side with your toes pointing forward. Lower slowly. Don't lean.

Do: 10 reps x 2 sets

Standing Kick-Back

Hold a counter. Move your leg straight back from the hip, keeping your knee straight and your back still. Return slowly.

Do: 10 reps x 2 sets



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher as you get stronger.

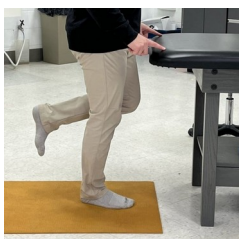


Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.



Stationary Bike

Set the seat so your knee is slightly bent at the bottom. Pedal with light resistance. If you can't go all the way around, rock back and forth.

Do: 15 to 20 minutes, most days

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.