

After Your Total Hip Replacement

Anterior approach: home exercise program

Your hip was replaced through the front (anterior approach), and no muscles were cut. The risk of dislocation is very low, so you can bend, sit in low chairs, and cross your legs. Most people do a home program first, and formal therapy is added only if we order it. In the first 2 weeks, the most important thing is not to overdo it.

- For 6 weeks: no bridging (lifting your hips off the bed), and no leg lifts against a weight or band.
- For 6 weeks: avoid big stretches of the leg backward (long lunges) and pivoting on the surgical leg with the foot turned out.
- "Quiet hip" for 2 weeks: ice the front of your hip 20 minutes on, 20 minutes off while awake. Take short walks 2 to 3 times a day.
- Walker for 1 to 2 weeks, then a cane in the opposite hand. Most people need no device by 4 to 6 weeks.

Pain guide: Soreness and swelling are normal after a joint replacement. Work steadily, not hard. Ice after exercise.

WEEKS 0 TO 2: THE QUIET HIP Gentle motion and safe walking



Ankle Pumps

Lying down, pull your toes up toward you, then point them away. Keep it smooth and steady.

Do: 20 pumps every hour while awake

Helps prevent swelling and blood clots.



Thigh Tightener (Quad Set)

Lie with your leg straight. Tighten the muscle on top of your thigh and press the back of your knee down. Hold 5 seconds, then relax.

Do: 10 reps, 3 times a day



Heel Slide

Lie on your back. Slide your heel toward your buttock as far as is comfortable. Hold 5 seconds, then slide back out straight.

Do: 10 reps, 3 times a day



Hip Slide Out

Lie on your back, legs straight, toes pointing up. Slide your leg out to the side, then back to the middle. Keep your toes pointing up.

Do: 10 reps, 2 to 3 times a day



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, holding a counter



Walking with a Walker or Cane

Move the walker forward, step into it with your surgical leg, then your other leg. Once you switch to a cane, hold it in the hand opposite your surgical leg.

Do: Short walks, 3 to 4 times a day

Heel first, then toe. Even steps.



Stairs

Going up, step with your good leg first. Going down, step with your surgical leg first. Hold the railing. "Up with the good, down with the bad."

Do: As needed



Getting Into a Car

Push the seat all the way back. Back up to the seat, sit down, then turn and bring both legs in together.

Do: As needed

WEEKS 2 TO 6: BUILD HIP STRENGTH Keep icing after exercise



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.



Face-Down Hip Lift

Lie face down, forehead on your hands. Tighten your buttock and lift one straight leg a few inches. Keep your hips flat on the floor.

Do: 10 reps x 2 sets, each side

Small lift only. Don't arch your back.

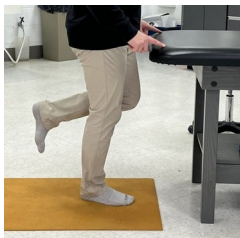


Standing Kick-Back

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

Small range. Don't swing the leg far back.



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.



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.



Calf Raise

Hold a counter. Rise up onto your toes as high as you can, then lower slowly.

Do: 15 reps x 2 sets. Progress to one leg

What comes next: After 6 weeks: bridges and full strengthening are OK. Walking, biking, swimming, golf, and pickleball are all good goals.

CALL US: Call (425) 656-5060 right away for fever over 101°F, redness or drainage from your incision, calf pain or swelling, chest pain or shortness of breath (call 911), or pain that keeps getting worse.

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