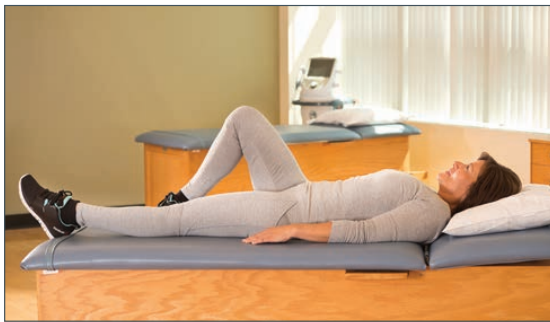


# Post-op Exercises

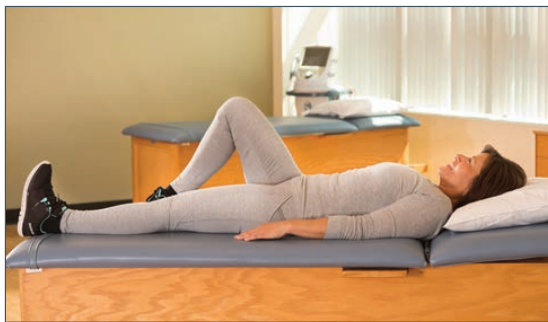
## Exercising After Surgery

The six exercises below are also appropriate to perform starting the same day as your surgery. As before surgery, it is recommended that you try to perform all of them twice per day. Likewise, if you have not been in an exercise or physical therapy program, **you may need to start with only 5 repetitions, building up to 10-20 repetitions of each exercise.** Please remember to do all exercises with both legs to increase strength on both sides. Please ask your surgeon or physical therapist if you have any questions about these exercises.

### Ankle Pumps



**Point:** Bend your ankles pointed away from your torso.



**Flex:** Bend your ankles flexed toward your torso.

- Goal 10-20 times.
- These may be done frequently throughout the day.

### Strengthening Hip Muscles: Glute Set



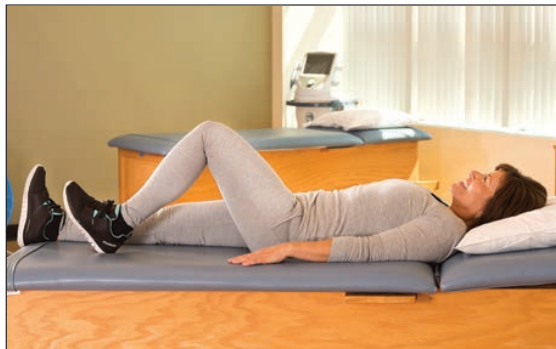
- Lie on a bed.
- Squeeze your bottom together.
- Do not hold breath.
- Hold for 10 seconds.
- Relax.
- Start with five times, with a goal of 10-20 times.

### Quad Sets: Knee Pushdowns



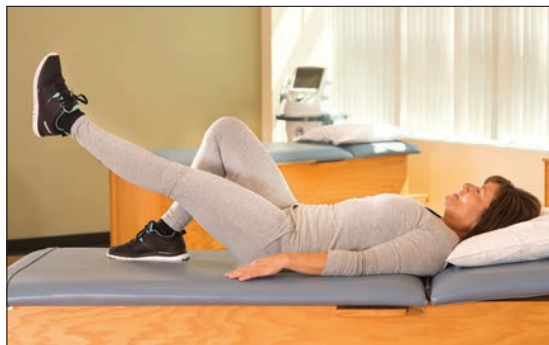
- Press your knee down so you are tightening the muscle on the front of your thigh and hold for five seconds.
- If this is not comfortable, you may lay flat on your back.
- Start with five times, with a goal of 10-20 times.

### Heel Slide



- Lie on back.
- Slide heel towards your bottom.
- Hold for 10 seconds.
- Slide heel forward and relax.
- Start with five times, with a goal of 10-20 times.

### Straight Leg Raises

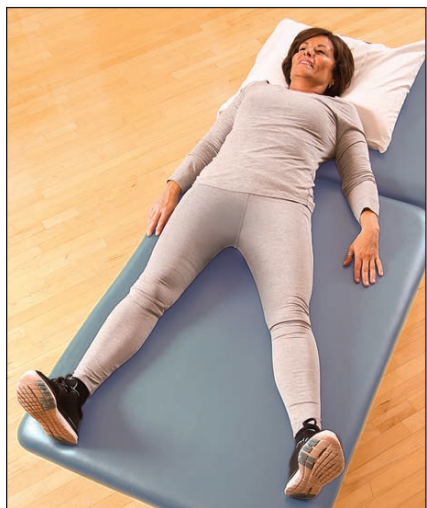


**Start:** While lying, bend your unaffected leg, keeping your foot flat.

**Finish:** Lift your affected leg keeping your knee straight and toes pointed towards your head.

- Start with 5 times, with a goal of 10-20 times.

### Hip Abductions



- Lie on back.
- Slide leg out to side.
- Keep toes pointed up and knee straight.
- Bring leg back to starting point, do not cross midline.
- Start with 5 times, with a goal of 10-20 times.

### Knee Extension: Long Arc Quads



- Sit with knee bent to 90°.
- Straighten leg at the knee.
- Slowly lower leg back to 90° bend.
- Start with five times with a goal of 10-20 times.

### Seated Hamstring Stretch



- Sit on a chair with your operative leg extended and your back straight.
- Bend forward at the hips. *Patients post Total Hip Replacement: Do not pass 90° at the hip joint.*
- Now lean forward until a gentle pull is felt along the back of your legs.
- Hold for 20-30 seconds.
- Relax.
- Repeat five times.

### Strengthening Your Arms for Using Crutches or a Walker



- Sit in an armchair.
- Place hands on armrests.
- Straighten arms, raising bottom up if possible; nose over toes. *Patients post Total Hip Replacement: Do not pass 90° at the hip joint.*
- Start with five times, with a goal of 10-20 times.