

David R. Whiddon, MD
Orthopaedic Associates of West Florida
2044 Trinity Oaks Blvd
Suite 110
Trinity, FL 34655
1840 Mease Dr.
Suite 409
Safety Harbor, FL 34695
Phone: 727-461-6026

TOTAL HIP REPLACEMENT EXERCISE PROGRAM

PRECAUTIONS:

Always lead with the unoperated leg when climbing stairs for the first 6 weeks.

Avoid straight leg raises for 6 weeks.

POSTERIOR APPROACH: Avoid the following motions for 6 weeks.

1. Bending greater than 90 degrees at the hips.
2. Twisting
3. Crossing the legs.

ANTERIOR APPROACH: No motion restrictions. Avoid resisted hip flexion to reduce the incidence of hip flexor tendonitis.

May use **cold** to control swelling and pain as needed but **not heat**. Elevating the leg will also help swelling

Do 2 sets of 10 repetitions of each exercise in each group below twice daily.

BED EXERCISES LYING ON BACK

Ankle pumps - move feet up and down.

Quad set - tighten thigh muscle by pushing knee into bed, hold for count of five and relax.

Gluteal set - squeeze buttocks together, hold for count of five and relax.

Hip rotation/windshield wipers - roll both knees out and back to neutral keeping knees straight.

Thomas test - bring unoperated leg toward chest, hug knee to chest using arms, stretch operated leg long, hold this position for count of five. You should feel a stretch across the front of your operated leg as it stays flat on the bed.

Hula - keeping knees straight, push one leg long while drawing the other leg back. Repeat for other leg.

Heel slides - bend knee up by letting the heel of your foot slide along the bed. Bring knee up to the maximum bend and then slowly lower leg to bed.

Bridging - bend unoperated leg so that foot is flat on bed, push foot into mattress and lift buttocks off bed. Hold for a count of five and lower slowly. You should feel a stretch across operated leg.

Short arc quad - place folded pillow or a rolled towel under knee so that knee is bent and heel is resting on bed. Point toes up and lift foot off bed, hold for count of five and lower slowly.

Hip abduction and adduction - with leg straight and resting on bed, pull toes up, tighten the knee, then slowly slide leg out to the side and return to midline. **Do not** cross operated leg over the unoperated leg.

SITTING EXERCISES

Toe tapping - keep heels on floor and raise toes up and down as fast as possible.

Trunk rocking - rock body from side to side then forwards and backs.

Trunk flexion - with your hands on thighs, bend forward and crawl hands down legs so that wrists bend over knees but no further. Hold for the count of five.

Hip flexion - place hands under back of thigh and gently lift leg up and down keeping back straight and knee bent. As your strength improves, do this exercise without using your hands.

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Hip rotation/Charleston - with feet flat on floor, roll knees in and out. Start with feet together and then repeat with feet apart.

Knee extension - lift lower leg off floor by straightening knee, hold for count of five and lower slowly.

Abduction isometrics - with hands on outer aspect of thighs, push thighs out into hands creating muscle tension without motion, hold for count of five and relax. Try to keep your legs in neutral for this exercise. Remember to keep your knees pointing straight ahead with feet flat on floor.

Adduction isometrics - with hands on inner aspect of thighs, push thighs into hands creating muscle tension without motion, hold for count of five and relax. Try to keep your legs in neutral for this exercise. Remember to keep your knees pointing straight ahead with feet flat on floor.

Hula - with feet flat on floor, push one knee forward while pulling the other knee back.

STANDING EXERCISES USE COUNTERTOP OR HANDRAIL FOR SUPPORT

Toe raises - raise up on toes and lower slowly.

Marching in place - lift legs up and down one at a time to practice weight shifting and cadence of normal gait.

Hip flexion - lift operated leg off floor bringing the knee high, hold for count of five and lower slowly.

Hip extension/toe pointing - keep knee straight bring leg forward and point toe bring leg behind you and point toe.

Hip abduction - keep knee straight and move leg out to side, hold for count of five and return.

Knee flexion - bend knee back behind you, hold for count of five and lower foot slowly to floor.

WALK: Walk each day 4-6 times (10-20 minutes). Walk outside if possible. Examine your gait in front of a full-length mirror, if possible. Maintain weight bearing as tolerated on operated leg until return visit with your doctor.

STATIONARY BIKE: After first post-operative visit, unless instructed otherwise, start with 5 minutes, 3 times a day. Work up to 15 minutes, 3 times a day, adding 1-2 minutes each week. Do not use tension and do not exceed 10 mph, trying to keep the needle steady. Lower the seat ½" each week.

WEIGHT BEARING PROGRESSION: May progress to cane at the discretion of the therapist.

SLEEPING POSITIONS:

Posterior approach: Sleep on back or operated side with pillow between knees until MD follow-up. May sleep on stomach after 6 weeks and either side after 8 weeks with a pillow between your knees

Anterior approach: no restrictions

ELASTIC STOCKINGS: Wear elastic stockings during the day for 2 weeks. Notify MD for unusual calf pain or persistent swelling.

BATHING: No tub baths. May sit on shower chair or stand and shower briefly. Use crutches/walker to get in and out of shower.

SEXUAL RELATIONS: Resume according to comfort after several weeks. Avoid extremes of motion.

SWIMMING: Swimming is allowed after six-week follow-up with Dr. Whiddon.

DRIVING: May ride as a passenger now. May drive when following conditions are met: 1) off narcotic medications, 2) automatic transmission, 3) can safely get in and out of car. Left hip @ 2-3 weeks./ Right hip @ 5-6 weeks.