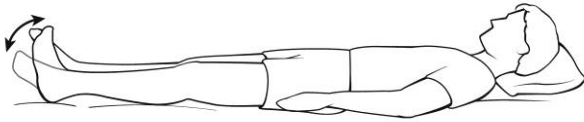


Total Hip Exercise Program

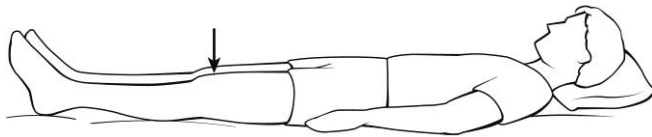
All exercises are should be done within the limits of comfort. Discontinue exercise if there is a substantial increase in pain.

Bed Exercises-Lying on Back

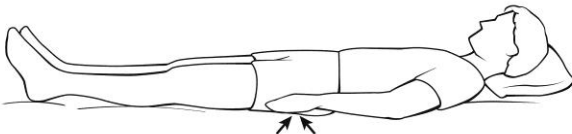
1. **Ankle Pumps**-Pump ankles back and forth.



2. **Quad Set**-Tighten muscle on the front of your thigh by pushing your knee down into the bed, hold for 5 seconds.



3. **Glut Set**-Squeeze your buttocks together, hold for 5 seconds.

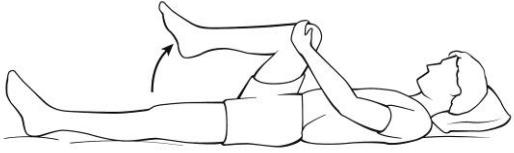


4. **Hip Rotation**-Roll both of your legs out to the side and then back to neutral, keep your knees straight.

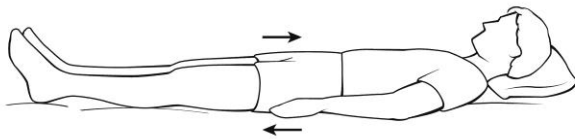


5. **Thomas Test Stretch**-Bring your un-operated leg toward your chest, hug your knee to chest using your

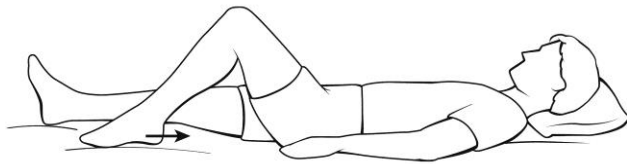
arms. Stretch your operated leg long, hold for a count of 5 seconds. You should feel a stretch across the front of your operated hip.



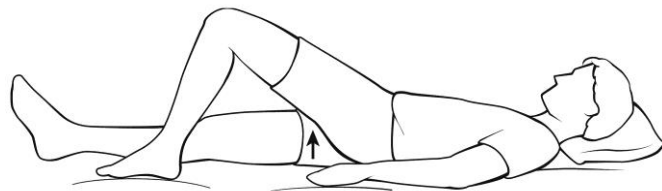
6. **Hula**-Push one leg long while pulling the other leg short, keep your knees straight. Repeat with your other leg.



7. **Heel Slides**-Bend your knee by sliding your heel on the bed towards your buttocks.



8. **Bridging**-Bend your un-operated leg so that your foot is flat on the bed, push your foot into the mattress and lift your buttocks off the bed.

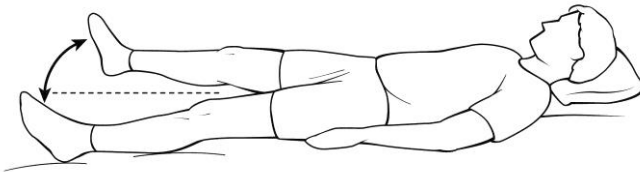


9. **Short Arc Quad**-Place a folded pillow or towel roll under the knee of your operated leg, so that your

knee is bent and your heel is resting on the bed. Lift your lower leg off the bed, hold for 5 seconds.

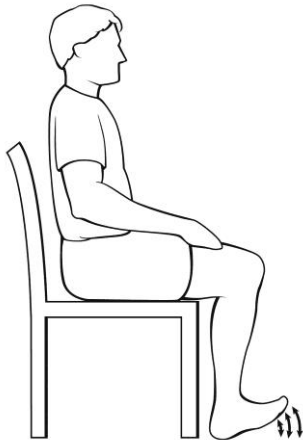


10. Hip Abduction and Adduction-Slide your operated leg out to the side and back to the center, keeping your knee straight.

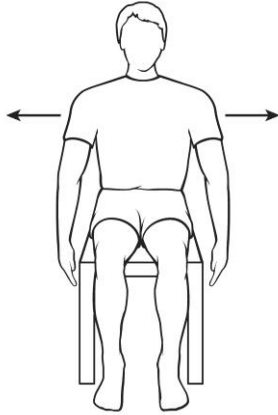


Sitting Exercises

1. Toe Tapping-Keep heels on floor, pump your feet up and down.



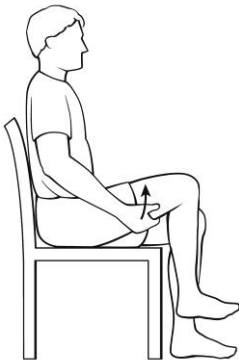
2. Trunk Rocking-Rock your body from side to side and back and forth.



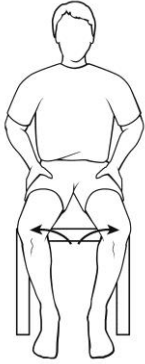
3. Trunk Flexion-Put your hands on your thighs, crawl your hands down your legs, hold for 5 seconds. Do not crawl your hands below your knees.



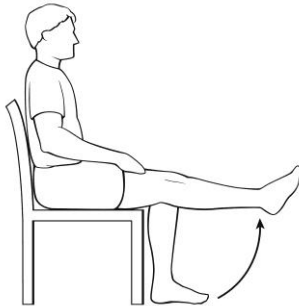
4. Hip Flexion-Place your hands under your thigh and gently lift your leg up and down. As your strength improves, do this exercise without using your hands.



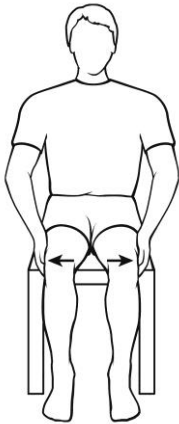
5. Hip Rotation-With both feet flat on the floor, roll your knees out to the side and then back to the center.



6. **Knee Extension**-Lift your lower leg off the floor by straightening your knee, hold for 5 seconds.

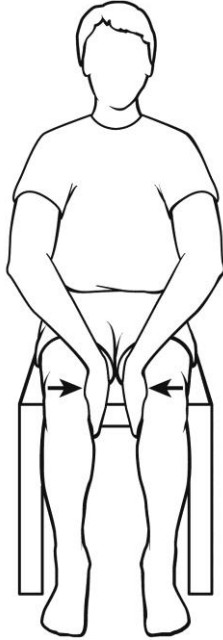


7. **Abduction Isometrics**-Place your hands on the outer aspects of your thighs, push thighs into hands creating muscle tension without motion, hold for 5 seconds. Keep your knees pointing straight ahead with feet flat on floor.

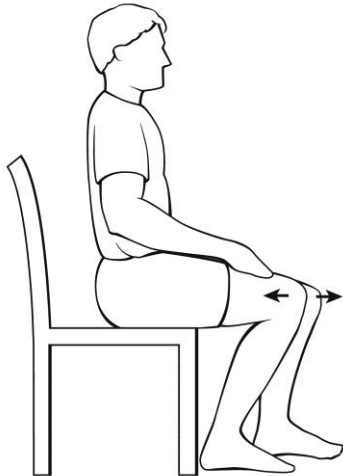


8. **Adduction Isometrics**-Place your hands on the inner aspects of your thighs, push thighs into hands

creating muscle tension without motion, hold for 5 seconds. Keep your knees pointing straight ahead with feet flat on floor.



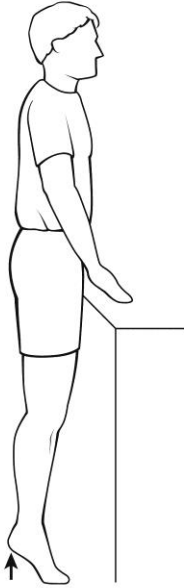
9. **Hula**-With feet flat on floor and knees pointing straight ahead, push one knee forward, while pulling the other knee back.



Standing Exercises

Use solid sink or countertop for support with all standing exercises.

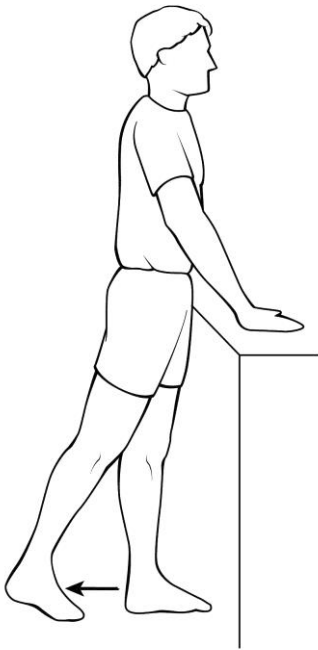
1. Toe Raises-Lift heels up and down slowly.



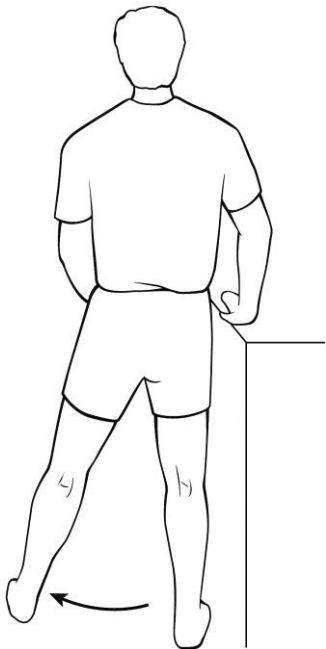
2. Hip Flexion-Lift operated leg off floor, bringing the knee as high as you can, hold for 5 seconds.



3. **Hip Extension**-Keep your knee and trunk straight, bring your leg behind you.



4. **Hip Abduction**-Keep your knee straight and bring your leg straight out to the side, hold for 5 seconds.



5. **Knee Flexion**-bend your knee behind you, hold for 5 seconds, and lower foot slowly to the floor.

