

EXERCISES AFTER HIP SURGERY

Posterior Approach

Your weight bearing status is _____

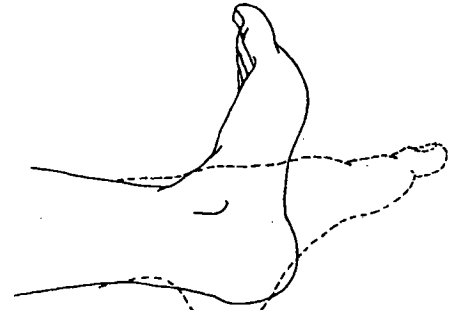
Your personal home exercise program should be followed 2-3 times per day. Remember to take your pain medication at least ½ hour prior to exercising. Important: avoid holding your breath while performing these exercises.



ANKLE PUMPS

Point your foot down, then pull your foot up.

Repeat 20 times.



QUAD SETS (thigh tightening)

Lie on your back. With hip and knee straight, tighten the muscles on top of the thigh, pushing the back of the knee into the bed. Hold at least 5 counts, then relax.

Repeat 10 times.



BUTTOCK SQUEEZE

Squeeze your buttocks together. Hold for at least 5 counts, then relax.

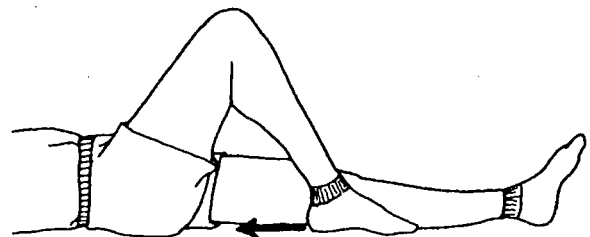
Repeat 10 times.



HEEL SLIDES

Lie on your back. Slide your heel up for at least 5 counts, then relax.

Repeat 6-10 times



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HIP ABDUCTION

Lie on your back. Place towel roll between your knees to keep your legs apart. Slide the entire leg out to one side and back to roll, keeping the knee straight.

Repeat 6-10 times

