

Adult Reconstructive Surgery
OrthoIllinois – Hip and Knee Center

Jena Carnell, ATC, ROT
Clinic Lead

Clinic Locations:

650 South Randall Road
Algonquin, IL 60102

1435 North Randall Road, Suite 103
Elgin, IL 60123

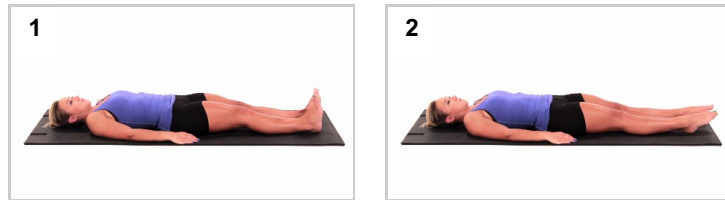
Phone: (815) 398-9491 – Fax: (815) 381-7498

Post-Operative Exercises - Total Hip Replacement

- Perform these exercises daily for the first 3-5 days after surgery.
- You may rest for about 24 hours if you cannot tolerate the exercises, then slowly try to reintroduce.
- The most important thing is to work on walking right away, and to obey your hip precautions, if given.
- After 3-5 days you will likely transition to outpatient therapy.

Supine Ankle Pumps

REPS: 12	SETS: 2	DAILY: 3	WEEKLY: 7
-----------------	----------------	-----------------	------------------



Setup

Begin lying on your back with your legs straight.

Movement

Slowly pump your ankles by bending and straightening them.

Tip

Try to keep the rest of your legs relaxed while you move your ankles.

Supine Quad Set

REPS: 12	SETS: 2	DAILY: 2
-----------------	----------------	-----------------



Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

Supine Gluteal Sets

REPS: 12	SETS: 2	DAILY: 2
----------	---------	----------



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

Supine Heel Slide

REPS: 12	SETS: 2	DAILY: 3	WEEKLY: 7
----------	---------	----------	-----------



Setup

Begin lying on your back with your legs straight.

Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip

Make sure not to arch your low back or twist your body as you move your leg.

Seated Long Arc Quad

REPS: 12	SETS: 2	DAILY: 2
----------	---------	----------



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.