



5 East | Physical Therapy  
5301 McAuley Drive, Ypsilanti, MI 48197

## POST-OP Hip Exercise Program

The purpose of these exercises is to increase motion and strength in your operated hip.

***Your individual program may vary slightly.***

**You can view a video of most of these exercises at:** [trinityhealthmichigan.org/ortho-help](http://trinityhealthmichigan.org/ortho-help)

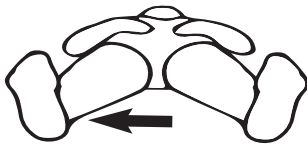
Do your exercises **three times** a day while lying flat in bed. Do two sets of **10** for each exercise.

**Continue with hourly ankle pumps and glut sets.**



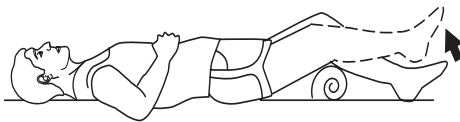
### Heel Slide

First bend and then straighten leg without lifting heel off bed.



### Abduction

Keeping leg straight, slide leg out to the side as far as possible. Return. Do not roll leg in or out.

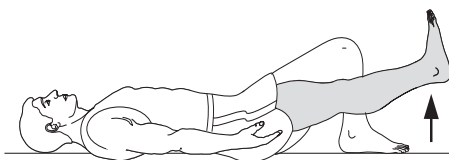


### Short Arc Quad

Have someone place a large towel roll under the knee. Straighten knee completely, hold for a count of two. Relax.

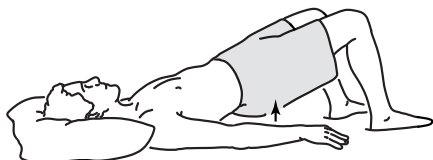
***NOTE: This exercise can also be done by sitting, slightly reclined, with your legs dangling; then extend your knee.***

**You should only do the following two exercises, if you are allowed to be weight-bearing as tolerated!**



### Straight Leg Raise

Bend your opposite knee for stabilization; hold your surgical knee as straight as you can; raise your leg up 12 inches. Relax. You will likely need help with this for a few days.



### Bridging

With both knees bent, raise your buttocks off the bed. Don't arch your back, and keep your stomach tight. Hold for a count of two. Relax.

## POST-OP Hip Exercise Program (continued)

Do **two sets** of 10 repetitions. Do this exercise **two-three times** a day.



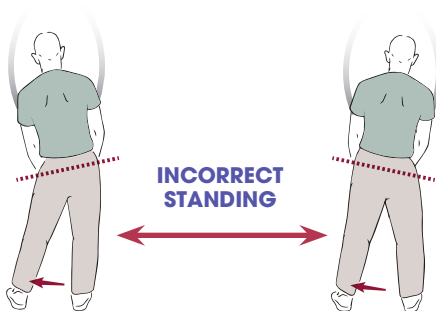
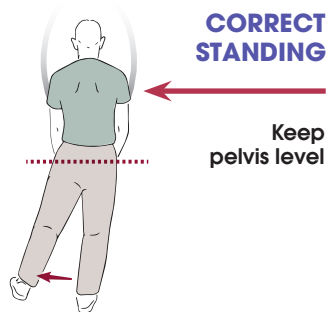
### Standing Hip Abduction

Stand with your hands on a counter. Pull your belly button toward your spine to protect your back. Raise your **surgical** leg slowly to the side, as far as you can comfortably go; hold for a count of two. Relax. Avoid leaning to the side – keep your trunk straight.

### Standing Pelvic Stability with Abduction –Advanced Exercise

*Start this exercise about two weeks after your Surgery when you can comfortably bear your full weight on your surgical leg.*

Stand facing a bathroom mirror with your **hands lightly on the counter** for balance. Raise your **non-surgical leg** slowly to the side while you hold your pelvis level; hold for a count of two. Relax. Do not let your pelvis drop, do not lean to the side, and keep your trunk straight. See pictures of right and wrong ways to do it. If you are not able to hold your pelvis level (too painful or weak), then wait a few days and try it again. As you improve, try to limit how much you use your hands, try to balance as best you can.



#### **NOTE:**

*This exercise is a very functional exercise – it strengthens the muscles of your hip that stabilize your pelvis while you are walking. But it doesn't do any good if you can't hold your pelvis level. If you're having trouble, then wait a few days and try it again. Avoid this exercise if it causes too much pain!*

### Walking

Walking is your best exercise. This means household walking for the first week or two; get up frequently, change positions and walk around your house. Progress your walking gradually, as tolerated.