

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

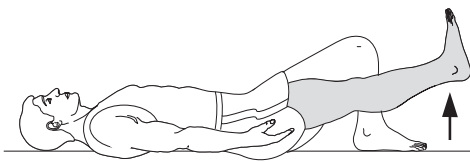
## PRE-OP Total Hip Exercise Program

These exercises will help prepare you for surgery and recovery. If an exercise is painful or you are unable to do it, just move on to the next exercise. **Don't hold your breath while you do them.**

Continue any other exercise you have been doing as you are able (walking, swimming, stationary bike), since these will help with recovery.

Do exercises **one-two times** a day. Start with **five repetitions**, increase to **15 times**, as you are able.

### Supine (lying flat on a bed)

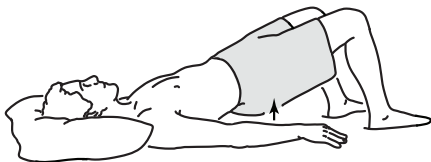


#### Straight Leg Raise

*(strengthens the quads and the hip flexors)*

Bend your opposite knee for stabilization; hold your knee as straight as you can; raise your leg up 12 inches. Relax.

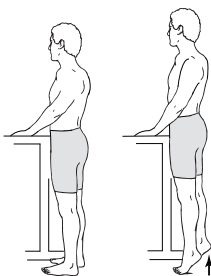
*(Emphasis should be on your surgical leg, but there is benefit to doing both legs).*



#### Bridging (Strengthens low back, gluts and hamstrings)

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.

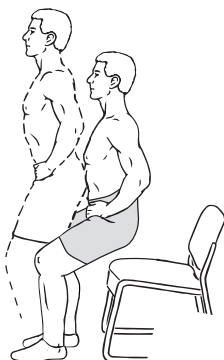
### Standing



#### Heel Raise

*(strengthens your calf muscles and helps with balance)*

Standing with your hands on a counter, rise up on the balls of your feet. Relax. As you are able, try to limit how much you lean on the counter with your hands.



#### Squatting (strengthens your legs & trunk and improves your balance)

Requires a stationary chair (doesn't 'rock' or 'roll'). Stand with your feet shoulder-width apart with a stationary chair behind you; keeping your back straight and your feet flat on the floor, bend your knees to squat down as if you were going to sit down, then stand back up. Go down as low as you feel comfortable. Try not to use your arms.

*Don't strain or hold your breath. If it causes pain, try a "mini-squat" - only go part-way down.*

Do exercises **one-two times** a day. Start with **five repetitions**, increase to **15 times**, as you are able.

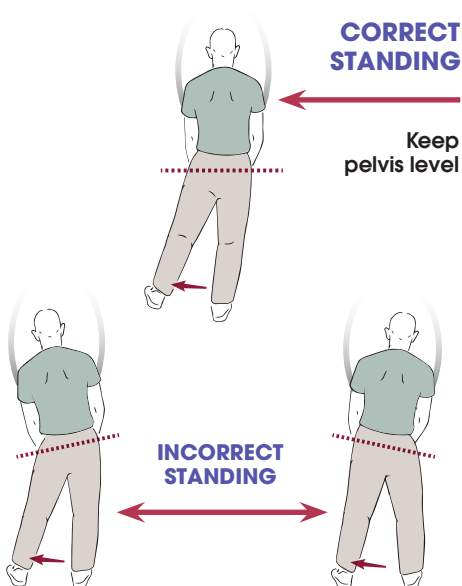
Do these next two exercises at a counter in front of a mirror in the bathroom.



### Standing Hip Abduction

*(strengthens the hip abductor muscles)*

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

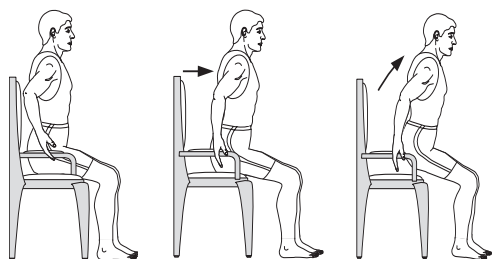
*(strengthens the hip abductor muscles)*

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 until after surgery. 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.

**Avoid this exercise if it causes too much pain.**

### Sitting



### Chair Push-Up *(strengthens your arms)*

Requires a **stationary chair** (doesn't 'rock' or 'roll') with **arms**. Sit at the front of the chair; using mostly your arms, raise yourself up to extend your elbows, then slowly lower back down again.

**NOTE:** You will be using a walker after surgery to limit the weight on your surgical leg. If you have strong arms, your walking will be easier. Stronger arms will also help you to get up from a chair – one of the more difficult things to do after surgery.

**Avoid this exercise if it causes any arm pain or if you are straining too hard. You should not hold your breath on any of these exercises.**