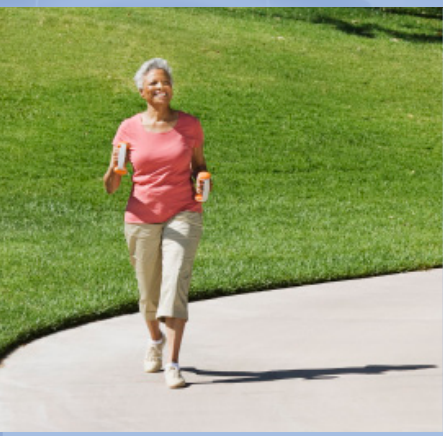


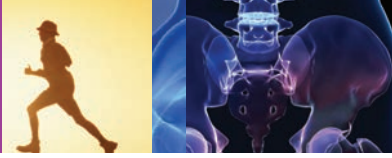
PENN ORTHOPAEDICS

# TOTAL HIP REPLACEMENT

Home Exercise Program







# Maintain Your

## 3 HIP PRECAUTIONS!

The purpose of your hip precautions is to allow for the best healing and the most successful outcomes from your surgery. Typically, your surgeon recommends that you adhere to these precautions during the first 6 weeks of the healing process. If you have specific questions about activities and your hip precautions, speak to your surgeon.



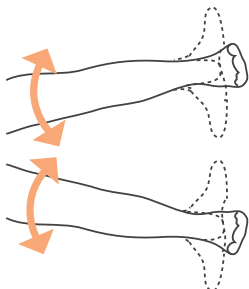
- Do not cross your legs, at the knee or ankle.
- Do not allow your leg to cross midline.
- You may use a pillow between your knees as a reminder.



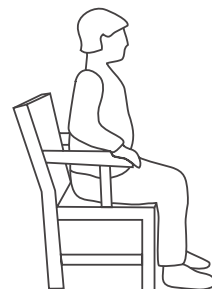
- Do not flex your hips greater than 90 degrees.



- Do not raise your knee higher than your hip.



- Keep your legs “neutral” while healing.
- Do not allow your toes to point inward (“pigeon-toe”) or to rotate outward when in bed, sitting, or while standing/walking.



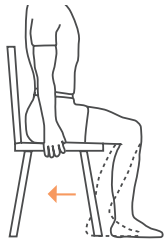
- Always choose a chair that maintains this position.

# HOME EXERCISE PROGRAM

- ✓ To get the best results from your surgery, it is important that you do your exercises consistently and correctly.
- ✓ The following exercises are to be performed 10x each, at least 2x daily (*1x in the morning, 1x in the afternoon*).
- ✓ If you have any questions or concerns regarding your exercise, do not hesitate to contact your therapist or surgeon directly.

## EXERCISE 1 Seated Knee Flexion

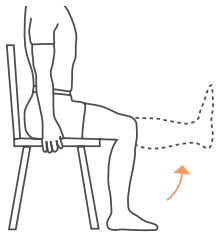
To increase the flexibility of your thigh muscles.



- Begin with both knees bent.
- Keeping your thigh on the chair, slide your foot back under the chair as far as possible. You do not need to keep your heel down.
- This motion will cause your knee to bend and you will feel a stretch along the front of your knee.
- Hold this position for 5 seconds.
- Slowly return your knee to the starting position.
- Repeat 10x on each leg.

## EXERCISE 2 Seated Kicks or “Long Arc Quads”

To strengthen your thigh or quad muscles.



- Begin with both knees bent.
- Keeping your thigh on the chair, straighten out your knee as you slowly kick up.
- Hold this position for 5 seconds.
- Slowly return your knee to the fully bent position before repeating.
- Repeat 10x on each leg.

## EXERCISE 3 Seated Ankle Pumps

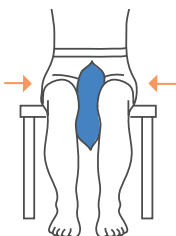
To increase the strength and flexibility of your ankle muscles.



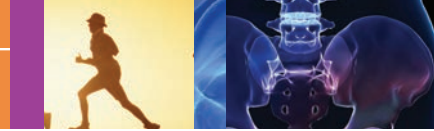
- Begin with your feet resting on the floor or supported on a very low stool.
- Gently pump your ankles up and down, feeling a gentle stretch in your calf muscle.
- Repeat 10x on each leg.

## EXERCISE 4 Seated Hip Squeezes

To increase the strength of your hip adductors.



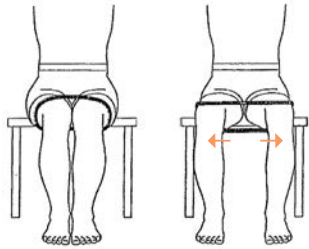
- Begin with both knees bent.
- Place a pillow or towel roll between your thighs.
- Gently squeeze the pillow or towel roll with both legs.
- Hold this position for 5 seconds.
- Relax and return to the starting position.
- Repeat 10x on each leg.



## EXERCISE 5

### Seated Hip Abduction

To increase strength of your hip abductors.



- Begin with both knees bent.
- Loop a piece of resistance band or a belt around your thighs near the knees.
- Separate both knees against the resistance of the band or belt.
- Hold this position for 5 seconds.
- Relax and return to the starting position.
- Repeat 10x.

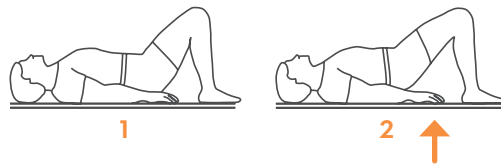
## SUPINE EXERCISES

These exercises should be performed lying on your bed. Do not attempt to get onto the floor to perform these exercises, unless cleared by your doctor. Getting on and off the floor is very challenging, and might violate your hip precautions! All exercises are to be performed 2x daily.

## EXERCISE 6

### Bridging

To strengthen your buttock and hip muscles.

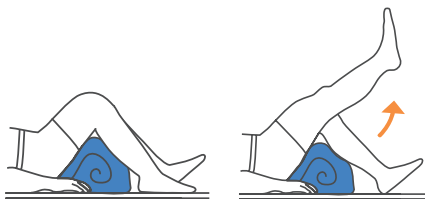


- Begin with both knees bent to a comfortable position or using a towel roll under your knees to support your legs.
- Squeeze your buttock muscles and slowly lift your hips up 1-3 inches off of the bed.
- Slowly lower your hips to the starting position.
- Repeat 10x.

## EXERCISE 7

### Short Arc Quads

To strengthen your thigh or quad muscles.

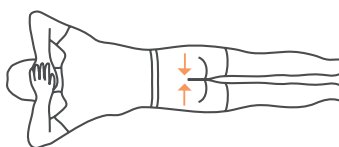


- Begin by rolling up several towels or a small blanket to form a “roll”.
- Place the roll under your knees for support.
- Keeping your thigh on the roll, slowly straighten your knee and pull your toes toward the ceiling.
- Hold this position for 5 seconds.
- Slowly lower your leg to the starting position.
- Repeat 10x on each leg.

## EXERCISE 8

### Gluteal Squeezes

To strengthen your buttock or “gluteus” muscles.



- Begin by lying on your back with your knees straightened.
- Squeeze your buttock muscles together.
- Hold this position for 5 seconds.
- Repeat 10x.

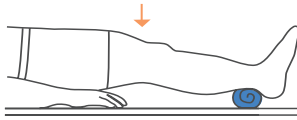
*NOTE: Picture appears to show patient lying on their belly, but this exercise should be performed lying on your back.*

## SUPINE EXERCISES *(continued)*

### EXERCISE 9

### Knee Extension Stretch “Quad Sets”

To strengthen your thigh or quad muscles and increase your knee extension.



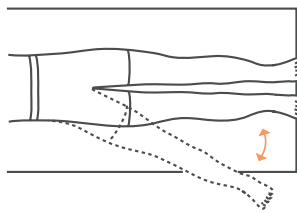
- Begin by placing a towel or blanket roll under your ankle so that your knee does not touch the bed.
- Tighten your thigh muscles and press your knee as flat as possible (Imagine you are squashing a tennis ball behind your knee).
- If you are doing this exercise correctly, you should feel a stretch behind your knee.
- Hold this position for 5 seconds.
- Relax your thigh muscle.
- Repeat 10x on each leg.

### EXERCISE 10

### Supine Hip Abduction

To strengthen your thigh or quad muscles.

**NOTE:** You may start this exercise 2 weeks after surgery.



- Begin by lying on your back with your knees straightened and legs slightly apart.
- Tighten your abdominal muscles and slowly move the operated leg out to the side while keeping the knee straight.
- Slowly return to the starting position.
- Repeat 10x on each leg.

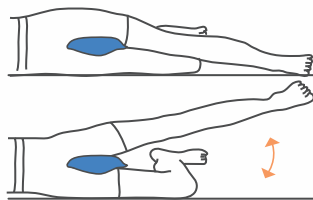
**NOTE:** Make sure you maintain your hip precautions during this exercise by not bringing your operated leg across midline or rotating your hip inward or outward.

### EXERCISE 11

### Sidelying Hip Abduction

To increase the strength of your hip abductor muscles.

**NOTE:** You may start this exercise 4 weeks after surgery.



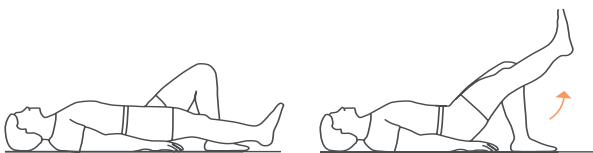
- Begin by lying on the unoperated side with your lower knee bent for stability and a pillow between your knees.
- Keeping the knee straight on the operated leg, slowly lift the leg upward toward the ceiling.
- Slowly return to the starting position.
- Repeat 10x.

### EXERCISE 12

### Straight Leg Raises

To strengthen your thigh or quad muscles.

**NOTE:** You may start this exercise 4 weeks after surgery.



- Begin with the uninvolved knee slightly bent as shown.
- Press your operated knee completely flat against the bed.
- Keeping your knee straight, slowly lift your operated leg upward a few inches off of the bed.
- Slowly lower your operated leg to the starting position.
- Repeat 10x on each leg.



# TIPS FOR COMMON TASKS

## Stair-Climbing Tips

- ✓ In the absence of 2 railings, most patients use a cane or a crutch in addition to one handrail to assist with stair-climbing. Your therapist will recommend the safest assistive device to use on your stairs after discussing your home environment.
- ✓ Be sure to maintain control during stair-climbing and always go slow!
- ✓ Also be sure to wear the proper footwear: choose rubber-soled shoes rather than socks or “slip on” shoes.
- ✓ Always be sure your stairs are well lit and free of clutter!



## STAIR-CLIMBING INSTRUCTIONS



### Ascending Stairs (“Going Up”):

1. Raise your unoperated leg up onto the step.
2. Press through your unoperated leg to raise the operated leg up onto the same step.
3. Follow with the cane/crutches.
4. Repeat.



### Descending Stairs (“Going Down”):

1. Place the cane/crutch down onto the lower step.
2. Slowly lower the operated leg down onto the step, making certain to keep the operated leg straight. REMEMBER: the leg you leave behind on the step is actually doing all the work!
3. Step down with the unoperated leg onto the same step.
4. Repeat.

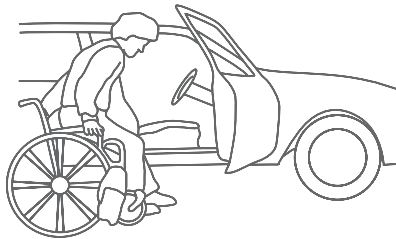
# Car Transfer Tips

- ✓ Most surgeons prohibit driving for 4 weeks after surgery, but check with your surgeon about individual limitations.
- ✓ When parking by the curb, allow enough room between the car and the curb for you and your walker/crutches so you can exit the car at street level.
- ✓ Always get into the passenger seat rather than the back seat. You will have more leg room and an adjustable seatback to make your ride more comfortable.
- ✓ Remember your “hip precautions”: **No bending more than 90 degrees!** When the seat is low, you may need a pillow or folded blanket to raise the seat height and make your car transfer safe and easy.
- ✓ Also be sure that the passenger seat is moved back as far as possible so you feel less cramped.

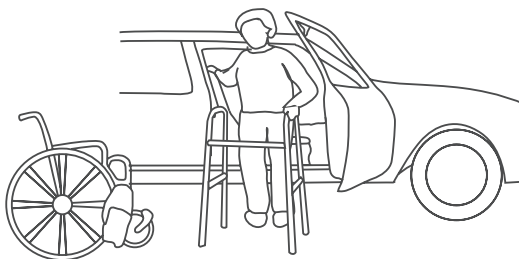


## CAR TRANSFER INSTRUCTIONS

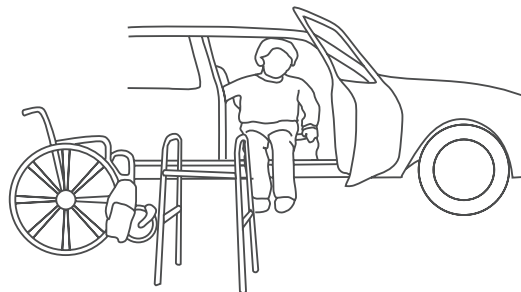
1. • Before transfer, lock both wheels of the wheelchair.
  - Stand up completely, using your assistive device if indicated by your therapist.
  - Walk to the passenger door of the car.



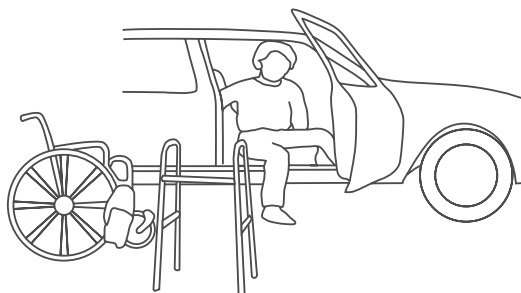
2. • Back up to the car with your walker/crutches until you feel the seat of the car against the back of your legs.



3. • You may use the dashboard, seat or door frame for support. **DO NOT** use the door for support, as it could move and cause you to lose your balance.
  - Slowly sit down onto the seat like you would a chair.



4. • Pivot on your behind, and slowly lift your legs into the car.
  - You may lift one leg at a time, if that is more comfortable.
  - Reverse process is done to exit car.

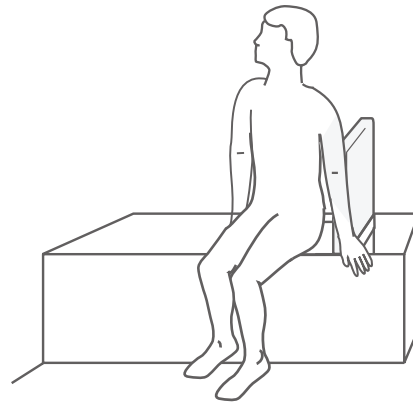




# Bathtub Transfer or “Sit and Swing” Technique

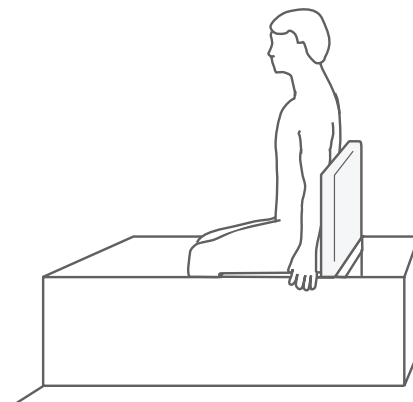
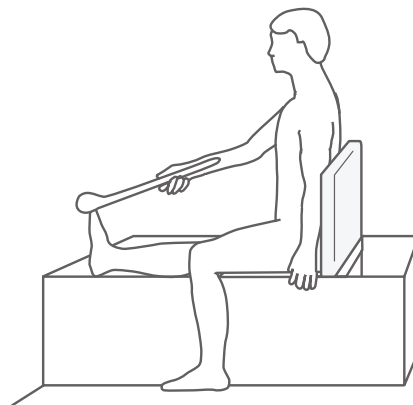
- ✓ **NOTE:** Always ensure the incision is kept dry.
- ✓ **NOTE:** Showering should be delayed until cleared by the doctor.

- Have someone place tub-seat/3-in-1 commode inside tub as a seat
- Walk up to tub/seat and turn around so that both heels touch the tub.
- Bring back legs of the walker back until they both touch the tub.
- Reach back with the hand that is closest to the tub-seat back, and firmly grasp the tub-seat back.
- The opposite hand can remain on the walker.



**NOTE:** If someone is with you to assist, he/she can steady the tub-seat with one hand and the walker with the other hand.

- Slowly lower yourself into a seated position with both legs hanging outside of the tub.  
**BE SURE TO PRESS DOWN ON THE SEATBACK, NOT BACKWARD.**
- Scoot your buttocks and hips back onto the seat as much as possible.
- Use both hands on tub-seat to rotate body in anticipation of swinging both legs into the tub.
- Swing legs into tub one at a time, continuing to rotate the body throughout. The “leg lifter” can be used to assist legs over the tub ledge.
- Center your body on the seat to ensure balance and safety throughout bathing task.
- Reverse process is done to exit tub.



## Stall or “Walk-In Shower” Transfer

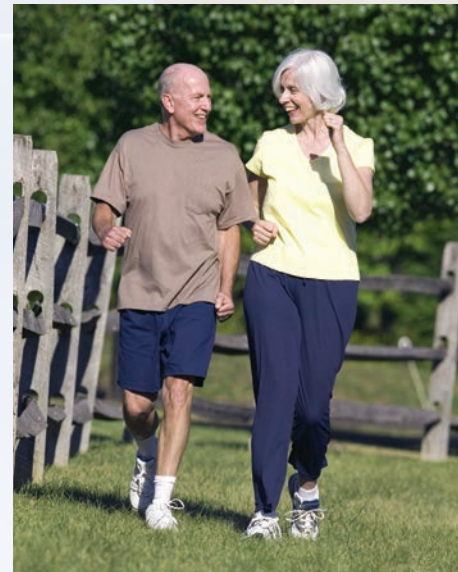
- ✓ **NOTE:** Always ensure the incision is kept dry.
- ✓ **NOTE:** Showering should be delayed until cleared by the doctor.
- ✓ **NOTE:** Given the wide variety of shower stall designs and layouts, the technique for transferring may differ from what is below. It is suggested that individuals first attempt the stall transfer with his/her home therapist to ensure safety.
- ✓ **NOTE:** It is suggested that a non-skid bathmat or non-slip strips are applied to ensure safety.



- Have someone place shower chair/3-in-1 commode inside shower as a seat.
- Walk up to shower stall and open door/slide curtain.
- Turn yourself and the walker around so that your heels and the back legs of the walker are touching the shower stall lip/ledge.
- Push through your arms and step unoperated leg back over shower ledge and into the shower stall.
- Keeping both hands on the walker, step the operated leg into the shower.
- Place hands back onto arm rests of commode, or base of shower chair.
- SLOWLY lower yourself into a seated position on commode/shower chair.
- Center your body on the seat to ensure balance and safety throughout bathing task.
- Reverse process is done to exit shower.

# POST-OP HIP CARE TIPS

- Walking is a great source of exercise. It strengthens your muscles, increases your flexibility and improves your endurance!
- Do not do resistive exercise on the bike, treadmill or gym equipment for 6 weeks after surgery.
- Avoid pillows behind your knees or recliners for 6 weeks after surgery as they encourage your hips to heal in a bent position.
- Sleeping on your back is the best position for your hips. It keeps them straight during the healing process. If you are going to sleep on your side, be sure to use a pillow between your knees to maintain your hip precautions.
- When choosing a chair, be sure your hips are higher than your knees (so your hip is bending to less than 90 degrees).
- If you have only had 1 hip replaced, do not support your operated hip with your unoperated leg. Do not cross your unoperated leg under your operated leg when getting in or out of bed; this breaks a hip precaution!
- If your therapist disagrees with any of the above, or if you lose motion or fail to progress, call your Penn Orthopaedic surgeon immediately at **215.829.2222**.





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