

Buttocks Squeeze

- Lie on your back with your legs straight
- Squeeze buttocks together
- Hold this position for _____ seconds



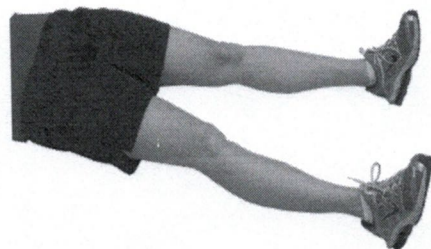
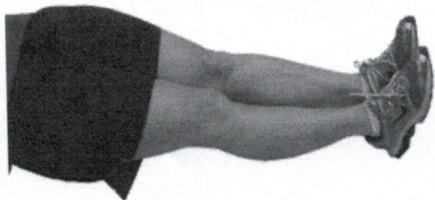
Heel Slides

- Lie on your back with your legs straight
- Slide your heel up toward your buttocks
- Return to starting position



Hip Abduction

- Lie on your back with your legs together
- Move one leg out to the side, keeping the knee straight
- Return to starting position



Doing these exercises will help you recover after total hip surgery. Do the selected exercises just like the therapist instructed. Do the best you can without getting to the point of severe pain. If you have any questions please do not hesitate to contact your therapist.

Your exercise instructions:

_____ repetitions each set
_____ sets each time you do the exercise
_____ times everyday

Your physical therapist:

Phone number:

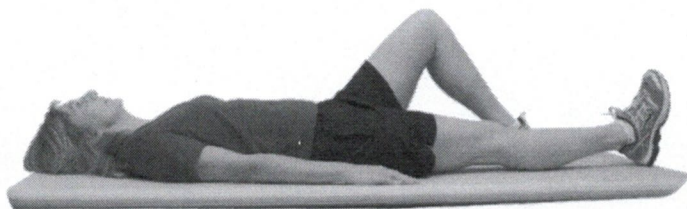
Short Arc Quad

- Sit with your hands behind you for support
- Bend uninvolved leg
- Place a rolled up towel under the knee of your operated leg
- Straighten the operated leg by lifting your foot toward the ceiling, keeping the knee on the towel
- Slowly lower foot



Quad Sets

- Lie on your back or sit with one leg extended
- Tighten the quad muscles (the muscle above your knee)
- Try to push the back of your knee downward
- Hold this position for _____ seconds



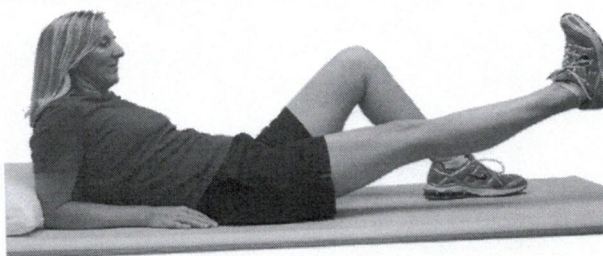
External Rotation

- Lie on your back or sit with your legs straight out in front of you
- Rotate one leg out from your hip, then return to original position. rotate the entire leg, not just the foot
- Repeat this motion with the other leg.



Straight Leg Raise

- Lie on a flat surface, resting on your elbows
- Bend your uninvolved leg
- Straighten your operating leg as much as you can, tightening the thigh muscles
- Raise your heel off the floor or bed _____ inches and hold this position for 5 seconds
- Slowly lower and relax the leg

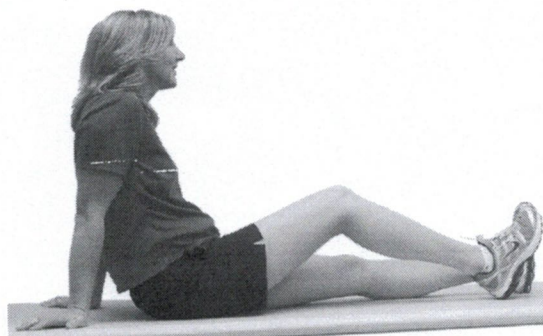
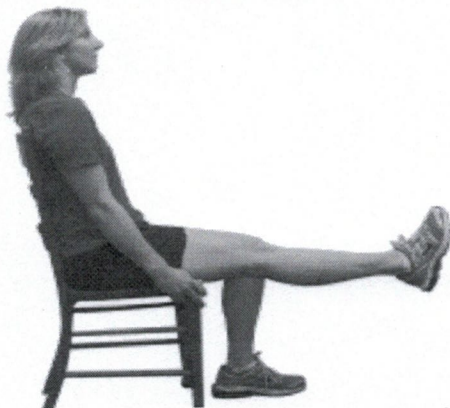


Hamstring Sets

- Sit upright with your leg slightly bent
- Without moving the leg, tighten the muscles on the back of your leg
- Try to push your heel down
- Hold this position for _____ seconds

Sitting Knee Extension

- Sit your legs bent at 90 degrees
- Straighten your operated leg at your knee
- Return to starting position



Hip Extension

- Stand holding onto a table or wall for balance
- Extend your operated leg backward, keeping the knee straight. Hold this for _____ seconds
- Return to starting position



Heel and Toe Raises

- Stand up using a counter or table for balance
- Raise up on your toes as high as you can. Return to starting position and repeat
- Next, put your weight on your heels and raise your toes. Return to starting position and repeat



Hip Abduction

- Stand up straight with your weight on your non-operated leg
- Keep your knee straight and move your operated leg outward
- Return to the starting position



Knee Squats

- Stand on both feet, holding on to the counter for balance if needed
- Bend your knees to 45 degrees
- Return to the starting position



Knee Raises

- Hold onto a table and stand with your feet shoulder-width apart
- Raise your operated knee as high as you can, then lower it
- Repeat with the same knee



Standing Hip Flex

- Stand holding onto to a table or chair for support
- Lift your operated leg up as high as you can while keeping your knee straight
- Lower your leg
- Repeat with the same leg

