

Total Hip Replacement Fitness Program- Exercises before Surgery (Pre-Operative)

In the video, Alex and Mike give advice and step by step exercise demonstration for exercises prior to undergoing total hip replacement surgery.

Goal: To maximize strength and range of motion to aid in quicker recovery following surgery.

NOTE: If you are new to exercises - start slowly and avoid injury. Exercise buff? Increase duration, intensity, frequency of current program to maximize results. All exercises to be done pain free.

Exercises:

Start with 1 set of 10, progress sets and repetitions as able.

1. Ankle Pumps
2. Gluteal Sets
3. Quad Sets
4. Heel slides (with towel or Bob and Brad Knee Glide)
5. Supine hip abduction (with towel or Bob and Brad Knee Glide)
6. Short arc quad on bolster
7. Straight leg raise
8. Chair push ups
9. Long arc quad
10. Knee glide or fit glide (durations as tolerated 5-15 minutes)