

Total Hip Replacement Fitness Program - Exercises 0-1 week (IMMEDIATELY) after Surgery

In this video, Alex and Mike give advice and step by step demonstrations for exercises IMMEDIATELY after Hip Replacement Surgery.

Goals:

1. Pain Control - use prescribed pain medication as needed and utilize deep breathing techniques.
2. Swelling management and monitoring of incision - decrease risk of blood clots and monitor incision for signs of infections. Rest, ice, compression, elevation as needed for swelling.
3. Following Total Hip Precautions
4. Begin Range of Motion and Strengthening

Exercises:

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

1. Ankle pumps (repeat frequently)
2. Gluteal Sets
3. Quad Sets
4. Supine hip abduction/adduction (towel/knee glide)
5. Supine heel slides (towel/knee glide)
6. Supine short arc quad w/ bolster or towel roll
7. Floor scrubs (towel/knee glide)
8. Walking (likely w/ assistive device)