

## **Total Hip Replacement Fitness Program- Introduction**

Program created by Alex and Mike- Physical Therapist Assistants who have worked under Bob and Brad for 10 years. This program is reviewed and backed by Bob and Brad.

**Goal of program:** Resource for someone undergoing hip replacement surgery. Advice and step by step exercise demonstration from before surgery to after surgery to return to normal functional activities.

**WARNING:** All patients are different; this is a general guideline for rehabilitation. Your surgeon may have a specific protocol in place, please follow this above all else.

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