

Total Hip Replacement Fitness Program- Exercises 9-12 Weeks after Surgery

In this video, Alex and Mike give advice and step by step demonstrations for exercises 9-12 weeks after Hip Replacement Surgery.

Goals:

1. Check with Surgeon on Total Hip Precautions - Progress Range of Motion as able.
2. Improve Strength and Balance - Progressing toward normal function.

Exercises:

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

1. Sit-stands from standard chair height – arms - no use of arms
2. Forward and lateral step ups
3. Standing exercises with resistance - hip flexion/extension/abduction, heel-toe raises, squats
4. Lunges
5. Side lying abduction w/ bent knee - add resistance when able
6. Advance bridging - bent leg to straight leg
7. Balance board - forward to back and side to side
8. Continue progressive walking program