

Total Hip Replacement Fitness Program- Exercises 3 Months- 1 Year after Surgery

In this video, Alex and Mike give advice and step by step demonstrations for exercises 3 months- 1 year after Hip Replacement Surgery.

Goal:

- Increase strength and endurance to normal and decrease fall risk

Exercises: To be done 2-3 days per week. Start with 1 set of 10 repetitions and increase as able. Progress an exercise by adding weights or resistance bands or increasing range of motion/speed of exercise.

1. Standing exercises - hip flexion/extension/abduction, heel-toe raises, squats
2. Dynamic balance - Sidestepping/ retro-walking/ forward marching
3. Single leg stance - eyes open - eyes closed, on uneven surfaces or balance board