

## **Total Hip Replacement Fitness Program - Exercises 4-6 weeks after Surgery**

In this video, Alex and Mike give advice and step by step demonstrations for exercises 4-6 weeks after Hip Replacement Surgery.

### **Goals:**

1. Continue following Total Hip Precautions
2. Progress Range of Motion, Strength, and Normalize Walking Quality

### **Exercises:**

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

1. Towel Scrubs or Bob and Brad Knee Glide -10-15 minutes
2. Ball/pillow squeezes
3. Side lying clamshells
4. Bridging progression - arms at sides - elbows bent - arms across chest
5. Straight leg raise
6. Hip Hiking in standing (raising non-operative leg)
7. Standing hip abduction/heel + toe raises/squats/ hip extension/hip flexion
8. Stationary bike - (raised seat and low resistance)
9. Walking with equal weight bearing of lower extremities