

## **Total Hip Replacement Fitness Program- Exercises 0-4 weeks after Surgery**

In this video, Alex and Mike give advice and step by step demonstrations for exercises 0-4 weeks after Hip Replacement Surgery.

### **Goals:**

1. Pain control continue - for best results pain medication at least one hour prior to exercises.
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. Continue following Total Hip Precautions
4. Progress Range of Motion, Strength, and Walking Quality

### **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. Hip flexion stretch in supine (use of towel)
8. Seated long arc quad
9. Standing marches
10. Mini squats
11. Hamstring stretch on stool
12. Floor scrubs or Knee Glide/Fit Glide (durations as tolerated- up to 10 minutes)
13. Walking (likely with assistive device)