

## **Total Hip Replacement Fitness Program- Exercises 6-9 Weeks after Surgery**

In this video, Alex and Mike give advice and step by step demonstrations for exercises 6-9 weeks after Hip Replacement Surgery.

### **Goals:**

1. Check with Surgeon on Total Hip Precaution Timeline - progress Range of Motion
2. Progress Strength - Add Resistance

### **Exercises:**

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

1. Standing exercises with resistance (cuff weights) - hip flexion/extension/abduction, heel-toe raises, squats
2. Stationary Bike - Add Resistance and Lower Seat Height - 20-30 minutes
3. Walking without assistive device if able - increase distance
4. Wall Slides
5. Single Leg stance