

Rehabilitation: Total Hip Replacement

Rehabilitation: Hip Replacement

► Exercises after hip replacement



Ankle
Pumps



Quad sets



Glute sets



Hip abduction
slides



Heel slides

Rehabilitation: Knee Replacement

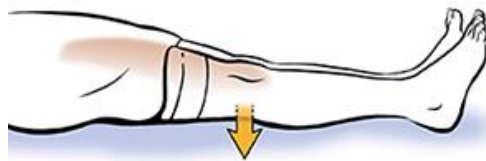
► Exercises after knee replacement



Ankle Pumps

Ankle Pumps

- Lie on back
- Move foot up and down, pumping the ankle
- Can hold foot back to achieve a stretch in the back of your knee/calf muscle



Quad sets

Quad Sets

- Sit/lay down with leg extended
- Tighten the quad muscles on front of leg, trying to push back of knee into bed
- Hold for 5 sec each

Rehabilitation: Hip Replacement

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Glute sets



Heel slides

Glute Sets

- Lay down with legs extended
- Squeeze butt muscles together and hold
- Hold for 5 sec each

Heel slides

- Lay down with legs straight
- Pull heel towards buttocks, in order to bend knee
- Make sure to maintain hip precautions
- Return to start position

Rehabilitation: Hip Replacement

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Hip abduction
slides

Hip abduction

- Lay down with legs straight
- Slide operated leg outwards (like a snow angel) and then return to neutral
- Keep toes pointed up the entire time
- Don't let your leg rotate inward

Your Joint Replacement: Total Hip

► Hip Precautions



Can **NOT** go past 90
degrees



Can **NOT** turn toes
inward



Can **NOT** cross
your legs

In order to get your old hip out and the new hip in, the surgeon has to spread apart some muscles, which makes them weak.

Putting your leg/hip in any one of these positions will push against the weak muscles and you are more apt to dislocate.