

Pre-Operative Exercises for Total Hip Arthroplasty

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Many patients with arthritis of the hip avoid using their painful leg. Muscles become weaker, making recovery slower and more difficult. For this reason, it is very important to begin an exercise program before surgery to optimize your strength and flexibility. This will make recovery faster and easier.

It is important to maintain strength and maximum flexibility before undergoing a total joint replacement. Some basic exercises are listed here. You should plan on doing them for 15 to 20 minutes twice daily prior to surgery. Perform these exercises on both legs. The strength and flexibility you gain prior to surgery will improve your muscle memory and make for a smoother recovery.

You should also know that it is important to strengthen your entire body, not just your legs, before surgery. You can strengthen your arms by doing exercise such as chair push-ups, because you will be relying on your arms when walking with the walker or crutches, getting in/out of bed and chairs, and on/off the toilet. Light endurance activities such as walking or riding a stationary bicycle will help train your heart and lungs prior to surgery.



Recommended Pre-Operative Hip Exercises

(You should not do not do any exercise that is too painful.)

1. Ankle Pumps
2. Quad Sets
3. Gluteal Sets
4. Abduction and Adduction
5. Heel Slides
6. Short Arc Quads
7. Long Arc Quads
8. Standing Heel/Toe Raises
9. Standing Rock Over the Affected Leg
10. Standing Mini Squats
11. Standing Knee Flexion
12. Armchair Push-ups

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Pre-Op Hip Rehabilitation Guidelines

Ankle Pumps

Flex and point your feet.

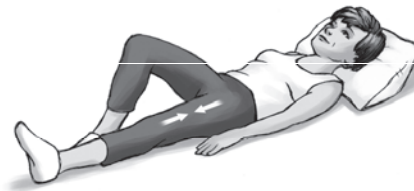
Perform 20 times.



Quad Sets (Knee Push-Downs)

Lie on your back and press your knees into the mat by tightening muscles on the front of the thigh (quadriceps). Hold for a five count.

Do NOT hold your breath. Perform 20 times.



Gluteal Sets (Bottom Squeezes)

Squeeze your bottom together.

Hold for a five count. *Do NOT*

hold your breath. Perform 20 times.



Hip Abduction and Adduction

(Slide Heels Out and In)

Lie on your back with toes pointed to ceiling and knees straight. Tighten thigh muscles and slide your leg out to side and back to starting position.

DO NOT CROSS THE MIDLINE!

Perform 20 times.



Pre-Op Hip Rehabilitation Guidelines

Heel Slides (Slide Heels Up and Down)

Lie on your back; slide heel up surface bending knee. **Perform 20 times.**



Short Arc Quads

Lie on your back, place a 6-8 inch rolled towel under knee. Lift foot from surface, straightening knee as far as possible. *Do not raise your thigh off the towel.* **Perform 2 sets of 10 (total 20).**



Knee Extension - Long Arc

Sit with your back against chair and thighs fully supported. Lift foot up, straightening knee. Hold for a five count. Do not raise thigh off chair. **Perform 2 sets of 10 (total 20).**



Standing Heel/Toe Raises

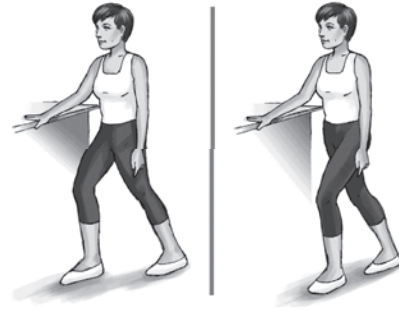
Stand, with a firm hold on to a stationary object. Rise up on toes then back on heels. Stand as straight as possible. **Perform 2 sets of 10 (total 20).**



Pre-Op Hip Rehabilitation Guidelines

Standing Rock Over Affected Leg

Stand sideways to countertop and hold on. Keep your affected leg and heel firmly planted on floor; step forward with other leg to feel a slight stretch in calf and thigh. Make sure your knee does not go past your toes. Step back. Concentrate on shifting weight to affected side and on equal step distance. **Perform 10 times forward and 10 times back (total 20).**



Standing Mini Squat

Stand, with feet shoulder width apart, and holding on to a stationary object. Keep heels on floor as you bend knees to a slight squat. Make sure your knees do not go past your toes. Return to upright position tightening buttocks and quads. Keep body upright, heels on floor and do not squat past 90 degrees hip flexion. **Perform 2 sets of 10 (total 20).**

Standing Knee Flexion – Hamstring Curls

Stand, with feet shoulder width apart, toes pointing forward and hold on to a stationary object. Tighten your gluteal muscles, and bend surgical knee lifting foot off floor. Do not bend forward, or let hip bend. Try to keep a straight line from ear through shoulder to hip and knee. **Perform 2 sets of 10 (total 20).**



Armchair Push-ups

Sitting in sturdy armchair with feet flat on floor, lean forward to front of seat and place your hands on the armrests. Straighten arms raising bottom up from seat as far as possible. Use your legs as needed to lift. Progress to using only arms and non-surgical leg to perform push-up. Do not hold breath or strain too hard. **Perform 2 sets of 10 (total 20).**

