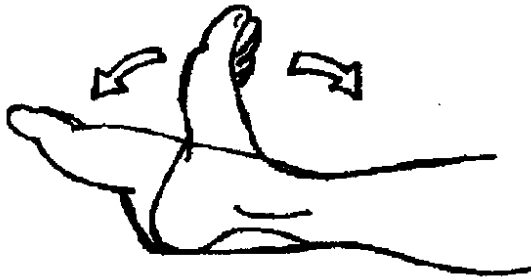


REHAB: HIP REPLACEMENT EXERCISE PROGRAM
Physical and Occupational Therapy

Ankle Pumps and Circles



Point and flex your ankles through full range of motion. Then rotate your feet clockwise followed by counterclockwise **without** rotating the entire leg.

Repeat 10-20 times each direction.

Do 3 **or more** sessions per day.

****This is a good exercise for DVT (leg clot) prevention and for preventing ankle stiffness while in bed.**

Isometric Gluteals - “Bun Squeezes”



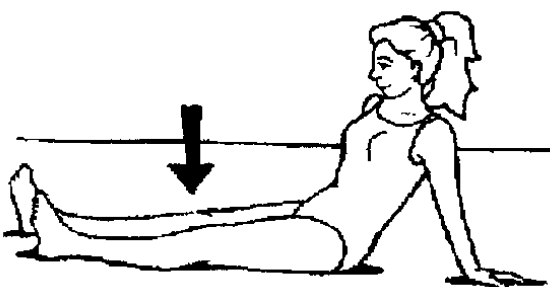
Tighten your buttocks muscles.

Hold 5 seconds. Relax.

Repeat 10-20 times.

Do 3 sessions per day.

Quadriceps sets - “Thigh Squeezes”



Tighten the muscles on top of your thigh as if attempting to push your knee down into the bed.

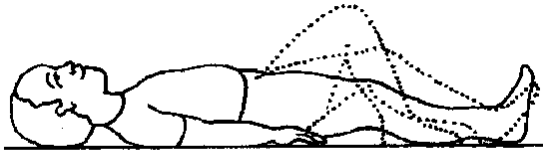
Hold 5 seconds. Relax.

Repeat 10-20 times.

Do 3 sessions per day.

****Note: You do not need to prop up on your hands to do this exercise. Stay relaxed on your back.**

REHAB: HIP REPLACEMENT EXERCISE PROGRAM
Physical and Occupational Therapy

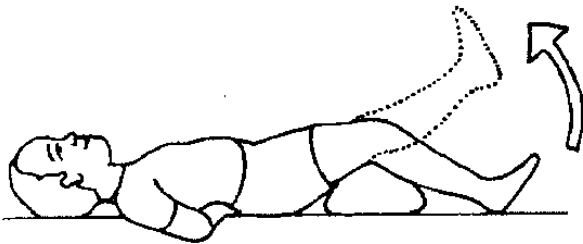


Heel Slides

Bend and straighten one leg by slowly sliding the foot along the bed. Keep your low back flat (it may be more comfortable to bend the opposite knee).

Repeat 10-20 times.

Do 3 sessions per day.

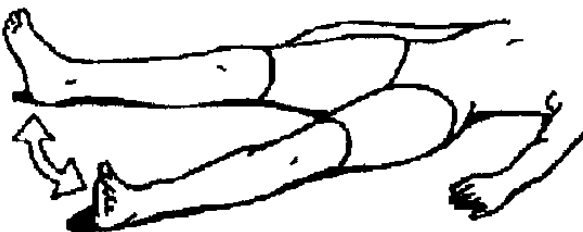


Short Arc Quads

Have help placing a rolled pillow or blanket under your knee. Straighten the knee by lifting your heel off the bed. Keep your knee on the pillow or bolster (do not lift the entire leg).

Repeat 10-20 times.

Do 3 sessions per day.



Supine Hip Abduction/Adduction

Slowly slide **one** leg out to the side and then back to the middle (do not go past the edge of the bed). Keep your knee straight and avoid rolling the leg outward.

Repeat 10-20 times.

Do 3 sessions per day.