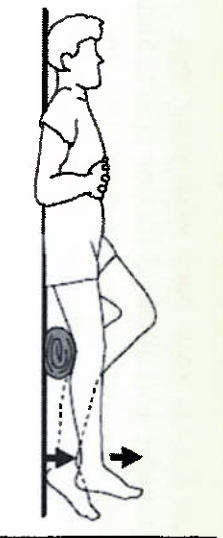
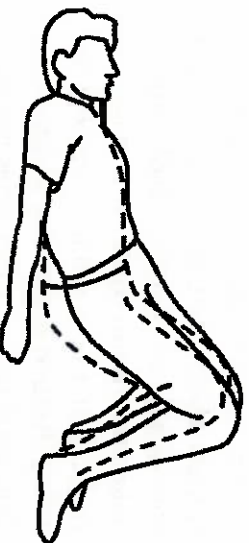


Straighten your knee by tightening the muscles on the front of your thigh.



8. LYING HIP EXTENSION/ BRIDGING

Lie on your back with both knees bent, feet slightly apart. Tighten your abdominal muscles, tighten your buttock muscles and lift your hips off the bed.



POST-OP TIPS

Medication

Take as directed

Using Ice

- ✓ Apply ice to the painful area for 10 to 15 minutes, 3 times a day. Use ice more often if you are experiencing any of the following:
 - Your operated hip feels warmer to the touch than your non-operated hip

- You notice more inflammation (heat and redness) in your hip
- You feel pain in your hip
- You have just completed your exercises

Elevating Your Leg

- ✓ Lie down for 15 to 30 minutes, 3 times a day, with your leg raised and supported
 - Use pillows or a wedge to support your leg
 - Your foot and ankle should be higher than the level of your heart
 - Perform ankle pumping exercise with your leg elevated
 - Do not exceed 90 degrees of hip flexion

Activity

- ✓ Avoid sitting for prolonged periods of time (i.e. not more than 30 minutes at a time)
 - Elevate your leg when sitting
- ✓ To use your crutches on the stairs:
 - Up stairs- good (non-operated) leg first, then operated leg and crutches
 - Down stairs- crutches and operated leg first, then good (non-operated) leg



Interior Health
For your whole life

Total Hip Arthroplasty Acute Post Op Exercises (0 to 3 weeks)

Perform only the exercises prescribed by your physiotherapist.

Hold each exercise _____ seconds

Repeat each exercise _____ times

Times per day _____

Perform all exercises on a firm surface. When doing exercises, begin by "setting," or activating your abdominal muscles. Do this by tightening your abdominal muscles without (a) holding your breath and (b) flattening your low back. Your back/spine should not move when doing any of the exercises.

Hip Precautions:

It takes approximately 3 months for the tissues around your hip to heal and strengthen enough to protect the hip. During these 3 months you should avoid the following three movements:

1. Bending your hip more than 90° (unless otherwise directed).
2. Crossing your legs
3. Twisting your legs

1. DEEP BREATHING AND COUGHING EXERCISES (SEE PRE AND POST OPERATIVE BREATHING SHEET)

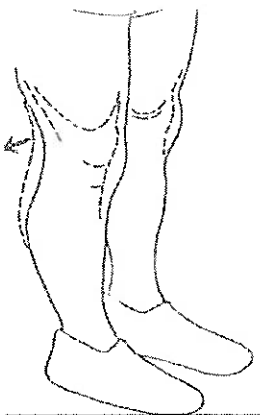
2. ANKLE PUMPING

Lying on your back, pump both ankles up and down as far as is comfortable. Repeat frequently throughout the day.



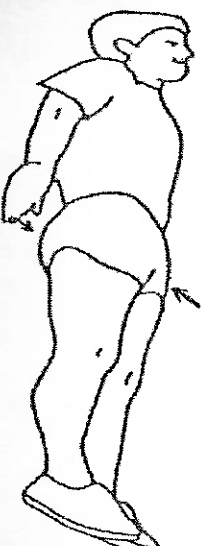
3. STATIC QUADS/THIGH MUSCLE TIGHTENING

Lying on your back with your knees straight, gently tighten the front of your thigh and push your knee down into the bed, then slowly release.



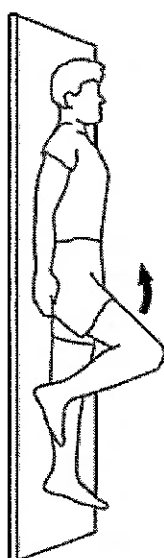
4. STATIC GLUTS/ BUTTOCK TIGHTENING

Lying on your back with your knees straight, tighten your buttock muscles.



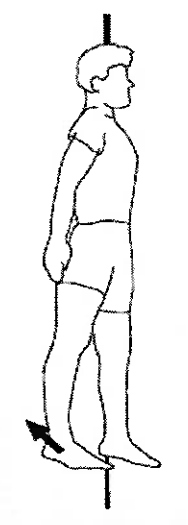
5. LYING HIP FLEXION/ HEEL SLIDES

Lie flat on your back with your legs straight and about 8 inches apart. Slide one heel up toward buttock (do not exceed 90 hip flexion, or prescribed limit).



6. HIP ABDUCTION/ LEG OUT TO THE SIDE

Lie flat on your back with your legs straight about 8 inches apart and tighten your abdominal muscles. Slide your operated leg out to the side. Keep your kneecap and toes pointing toward the ceiling. Return to starting position. Only do if this exercise does not cause increased pain.



7. KNEE EXTENSION/ STRAIGHTENING OVER A ROLL

Place a large can or 2 rolled towels under the back of your operated leg as shown. Push the back of your knee into the roll.