

Exercises to Prepare for Total Hip Surgery



- 1. Quad Sets-** This is an exercise that you can do anywhere which does not tend to aggravate arthritic joints. Sit with your knee straight, place a small towel roll under your knee, tighten the muscle in the front of the thigh by pushing the knee downward squishing the towel roll. Hold 10 seconds, repeat 10 times. Once you learn how to do this, you can do it without the towel roll. You can also do it with your knee in different degrees of bending.



- 2. Glute Sets-** Just like the quad sets this is an exercise that you can do anywhere which does not tend to aggravate arthritic hips. Sit, stand or lie down. Squeeze your Butt cheeks together. Hold 10 seconds, Repeat 10 times



- 3. Bridge-** Start with both knees bent, feet flat, hands at sides, Push down on your hands to contract your tummy muscles then lift your bottom up, hold 3 seconds then lower, repeat 10 times.



- 4. Hip Rotation Stretch**-This exercise stretches the connective tissue around the hip and decreases loading on the hip joint. Lie on your stomach with both knees bent. Let your feet fall out to the side as far as you can so that your lower legs make a “V”. Hold 30-60 seconds. Repeat 3-5 times.



- 5. Hip Flexor stretch**-Lie on your back. Pull your better leg up to your chest as far as you can comfortably as you keep the other leg as flat on the bed as you can. Hold 30-60 sec. Repeat 3-5 times each leg.



- 6. Clamshell Exercise**-This exercise strengthens your deep Glute muscles. Lie on your side with your affected hip up, knees bent. Pull in our tummy muscles and lift your top knee as far as you can. Do not allow yourself to roll back off your side. Hold 3 sec then lower. If this is easy you can do it with an exercise band tied around your knees. Repeat 10-15 times.



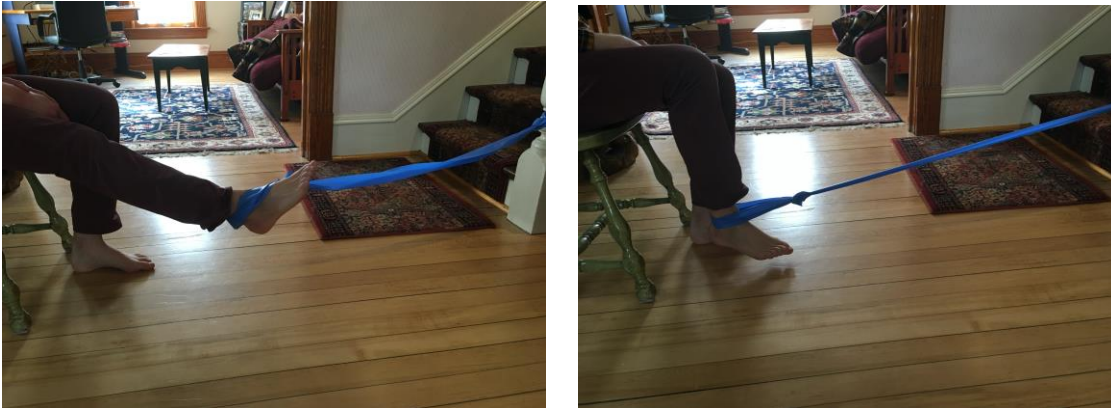
7. **Hip Abduction-** If you can do the clamshell exercise easily, you can try this one. Lie on your side with your bottom leg bent and your top leg straight. Lift the top leg up and back. Hold then lower. Keep your top hip rolled forward and try not to roll back as you lift your leg. Repeat 10 times. If this one causes your hip to ache afterwards stop doing it



- 5- **Knee extension in sitting** - Sit in a chair, kick your knee up. Hold 3 sec then lower, repeat 10- 15 times. If this seems easy, you can add a 3-4 lb weight or use a band to provide some resistance. Start with 1 set up 10. Progress up to 3 sets of 10.



- 6- **Partial Squat-** Stand in front of a chair that is a little higher (you can place a pillow on a regular chair), make sure that you have equal weight on both feet, bend your knees and reach with your butt for the chair, just touch your butt down then stand up again. Repeat 10 times. If this bothers your knee(s) add another pillow to the chair so you don't have so far to go down.



7-Band Hamstring Curl- Loop a band around a heavy piece of furniture Sit in a chair then loop the other end around your foot, Pull your foot back under your chair, hold then allow your leg to come forward again. Repeat 10-15 times with each leg. An alternative if you don't have a band is to do this exercise lying on your stomach, bending your knee up, hold, then lower. Repeat 10-15 times (see picture Below)



- Start with the first 4 exercises
- Start with one set of 10 repetitions one time per day
- If this is well tolerated progress to doing them 2 times/day
- If your hip becomes sore do them only one time/day
- You can also use an ice pack on the side of your hip for 10-15 minutes after exercise
- We also strongly encourage you to walk as much as you can. Using a cane or walker if that makes it possible for you to walk.
- If you have any questions feel free to call Rehabilitation Therapies at UVM MC at Tilley Drive at 802-847-7910. We are happy to serve as a resource for you!