



Patient & Family Guide
2017

Late Phase Total Hip Exercises



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Late Phase Total Hip Exercises

Do exercises _____ times per day. Do only the exercises that your physiotherapist has shown you.

Hip extensor stretch

Lie on your back.
Pull your _____ knee towards your chest as far as you can, as shown.

Hold _____ seconds.
Repeat _____ times.



Hip flexor stretch

Lie on your back with your knees bent over the edge of the bed. Bend your _____ knee and hold it against your body, keeping the _____ leg flat on the bed as shown. Tighten your abdominal (tummy) muscles and do not arch your back. Let the muscles of the _____ hip relax. You will feel a stretch in front of the _____ hip.

Hold _____ seconds.
Repeat _____ times.



Hip flexor stretch (standing)

Stand holding onto a chair or solid object. Place the foot of your _____ leg behind the other foot as shown. Keep your back straight, lean forward putting more weight on the front leg. You will feel the stretch in the front of your _____ leg.

Hold _____ seconds.
Repeat _____ times.



Hip rotation stretch

Lie on your back with your knees bent and feet together as shown. Spread your knees apart so that you feel a stretch in your hips.

Hold _____ seconds.
Repeat _____ times.



Strengthening Exercises

Hip flexor

Lie on your back with the _____ leg straight and the other knee bent, as shown. Keep the _____ leg completely straight by tightening your thigh muscles, then raise the leg 6 inches.

Hold _____ seconds. Repeat _____ times.

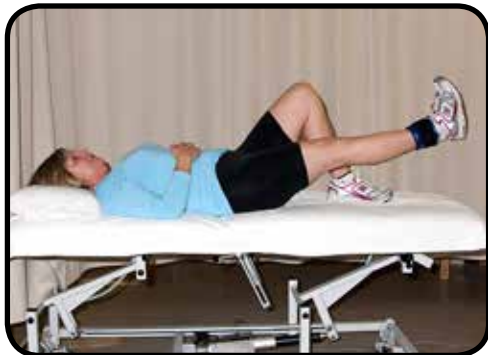


Progression:

Place a _____ weight around your ankle.

Hold _____ seconds.

Repeat _____ times.



Hip flexor in standing

Anchor tubing to a solid object and place around your ankle on the _____ leg. Hold onto a chair or solid object in front of you. Pull the _____ leg forward, against the resistance of the tubing keeping. Keep your back straight.

Hold _____ seconds.

Repeat _____ times.



Clamshell

Lying on your _____ side, bend your hips and knees. Lift the _____ leg as shown, while keeping your feet together. Don't roll your hips forward or back.

Hold _____ seconds.

Repeat _____ times.



Progression:

Lift the top leg up towards the ceiling, keeping the knee bent.

Hold _____ seconds.

Repeat _____ times.



Side-lying hip abduction

Lie on your _____ side. Bend the knee of the _____ leg and straighten the knee of the _____ leg. Lift straight leg up to the ceiling as shown. Don't roll your hips forward or backward.

Hold _____ seconds.

Repeat _____ times.



Progression:

Place a _____ weight around your ankle.

Hold _____ seconds.

Repeat _____ times.



Hip abductor in standing

Anchor tubing to a solid object and place around your ankle on the _____ leg. Hold onto a chair or solid object in beside you. Pull the _____ leg out to the side with your knee straight, against the resistance of the tubing. Keep your abdominal muscles tight to avoid arching your lower back.

Hold _____ seconds.

Repeat _____ times.



Bridging

Lie on your back with knees bent. Squeeze your buttocks together and lift your bottom off the bed. Return to start position.

Hold _____ seconds.

Repeat _____ times.



Hip extensor

Lie on your stomach with a pillow under your stomach/hips. Lift your _____ leg off the bed with the knee straight. Tighten your abdominal muscles to avoid arching your low back.

Hold _____ seconds.

Repeat _____ times.



Progression:

Place a _____ weight around your ankle.

Hold _____ seconds.

Repeat _____ times.



Hip extensor in standing

Anchor tubing to a solid object and place around your ankle on the _____ leg. Hold onto a chair or solid object in front of you. Pull the _____ leg backward with your knee straight, against the resistance of the tubing. Keep your abdominal muscles tight to avoid arching your lower back. Hold _____ seconds. Repeat _____ times.



Hip external rotation

Sitting in a chair, move your _____ leg in front of the other ankle as shown. Keep your _____ foot off the floor. Hold _____ seconds. Repeat _____ times.



Progression:

Place a _____ weight
around your ankle.

Hold _____ seconds.

Repeat _____ times.



Anchor tubing to a solid
object and place around
your ankle on the _____
leg. Sitting in a chair rotate
the operated leg inward
and upward against the
resistance of the tubing as
shown.

Hold _____ seconds.

Repeat _____ times.



Hip internal rotation

Sitting in a chair, move your _____ leg outwards and upwards. Keep your _____ foot off the floor.

Hold _____ seconds.

Repeat _____ times.



Progression:

Place a _____ weight around your ankle.

Hold _____ seconds.

Repeat _____ times.



Anchor tubing around your foot/ankle as shown in the picture and place the other ends around your opposite ankle.

Sitting in a chair, rotate your leg outward and upward against the resistance of the tubing as shown.

Hold _____ seconds.

Repeat _____ times.



Wall squats

Stand with your back against the wall, feet shoulder width apart, and 12 inches or more (at least a foot) away from the wall. Slowly slide down the wall until your knees are bent approximately 45 to 60 degrees, as shown. Keep your knees directly over the ankles.

Hold _____ seconds.

Repeat _____ times.



Alternating foot on stool

Stand with a stool or step in front of you.

Standing on the _____ leg, place your foot of the _____ leg onto the step, then slowly take the foot off the step.

Now stand on the _____ leg, place the foot of the _____ leg on and off the step slowly. Keep your body straight. Do not lean sideways. Squeeze your buttocks.

Hold _____ seconds.

Repeat _____ times.



Single leg balance

Try to balance on your _____ leg. Begin by using a support, like holding onto your kitchen counter.

Progression:

1. Increase the amount of time you are balancing while using support (e.g., try to balance for 20-30 seconds).
2. Try to balance without the use of a support.
3. Gradually increase the amount of time on your _____ leg while NOT using any support.



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The information in this pamphlet is to be updated every 3 years or as needed.

