

HIP REPLACEMENT STRENGTHENING EXERCISES

These physical therapy exercises are a starting point for you. It will be beneficial for you to practice these exercises prior to your surgery, if they do not cause you increased pain or discomfort. Total hip replacement surgery requires a strong commitment from each patient to achieve the desired results. Exercise is a very important part of the process.



Standing Hip Flexion

Repeat 10 times. Perform 2-3 times per day.

Setup

Begin in a standing upright position holding on to a stable object for support.

Movement

Lift your leg off the ground with your knee bent, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight, hips level, and maintain your balance during the exercise.

Supine Bridge

Repeat 10 times. Perform 2-3 times per day.

Setup

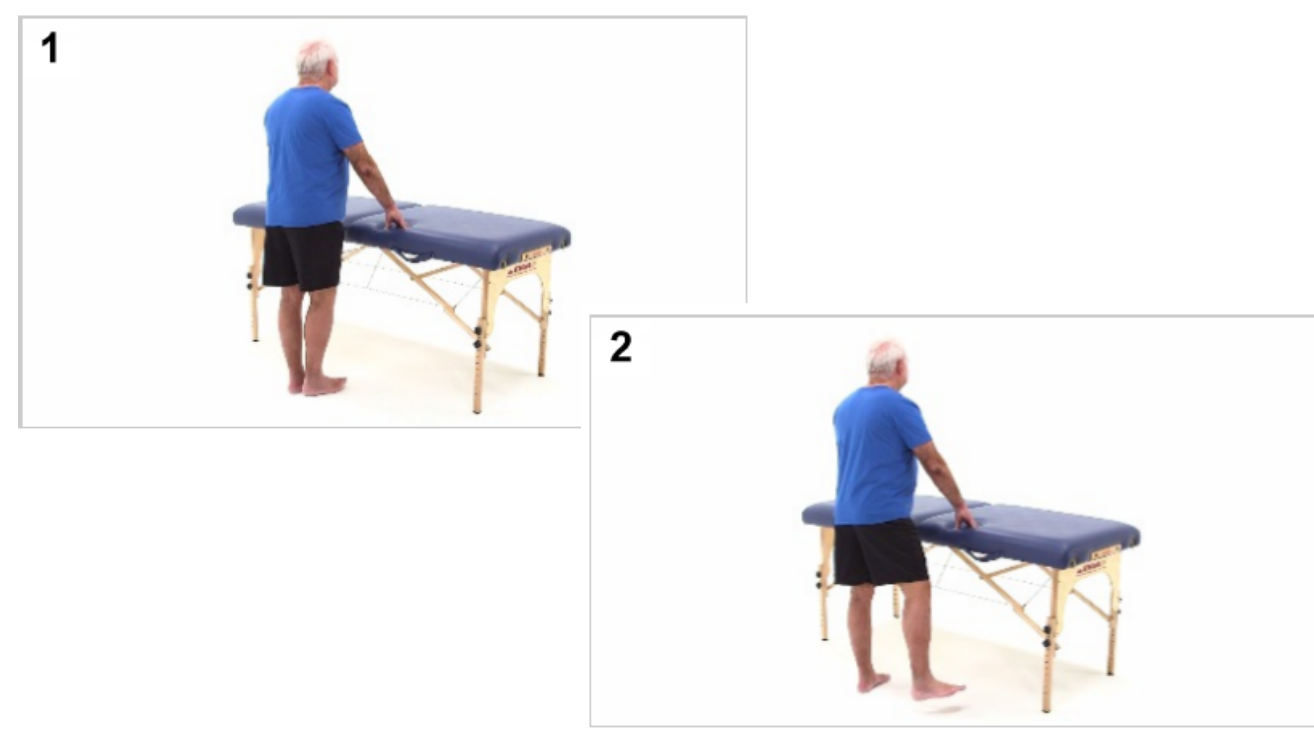
Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your gluteal muscles and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.



Standing Hip Abduction

Repeat 10 times. Perform 2-3 times per day.

Setup

Begin in a standing upright position in front of a counter or stable surface for support.

Movement

Slowly lift your leg out to your side, hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your toes pointing forward and do not turn your leg in or out during the exercise.

