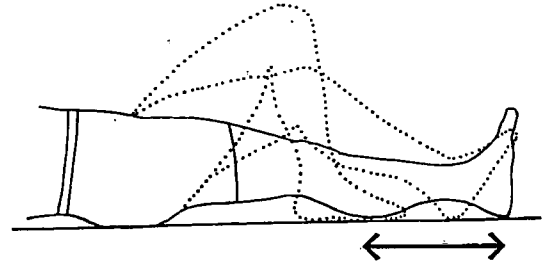


Total Hip Arthroplasty Preoperative Exercises

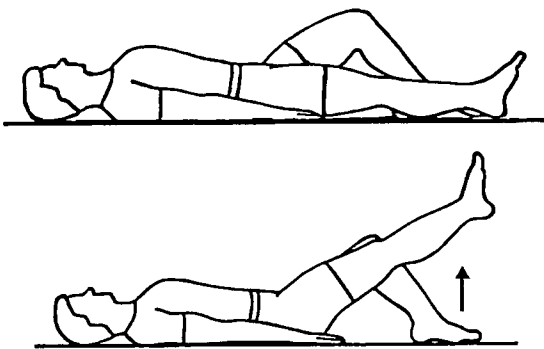
Heel Slides

- Lie on back with legs straight.
- Slide heel of involved leg up to buttocks.
- Return to start position and repeat.

Note: Keep knee pointed straight up toward ceiling. Perform exercise in a controlled manner; do not allow leg to "flop" down.



Perform
10 repetitions **2X/DAY**



Straight Leg Raises

- Lie on back with uninjured knee bent as shown.
- Raise involved, straight leg up to thigh level of bent leg.
- Return to start position and repeat.

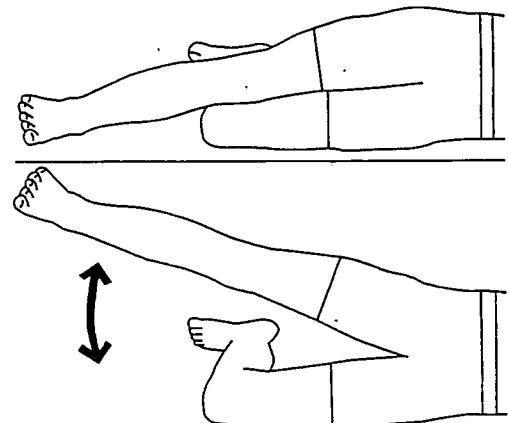
Note: Do not hold breath.

Perform
10 repetitions **2X/DAY**

Hip Abduction – Sidelying

- Lie on uninjured side with lower knee bent for stability.
- Keep knee straight on involved leg, lifting leg upward.
- Return to start position and repeat.

Note: Do not roll trunk forward or backward.



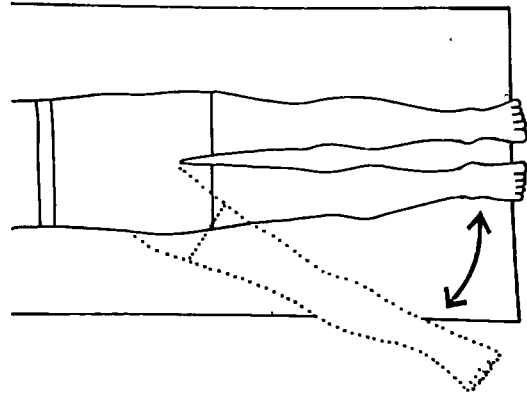
Perform
10 repetitions **2X/DAY**

Total Hip Arthroplasty Preoperative Exercises

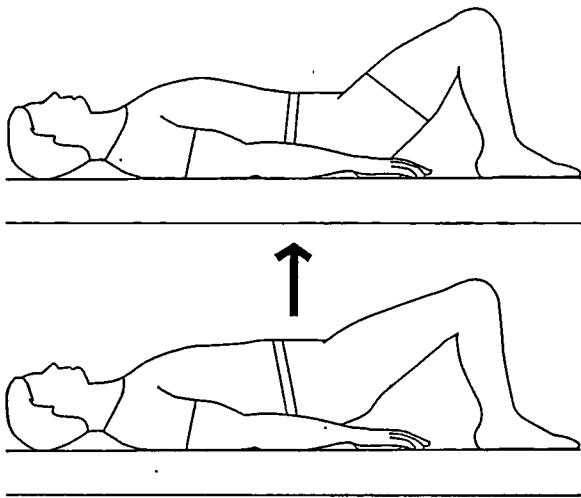
Hip Abduction – Supine

- Lie on back on firm surface, legs together.
- Move involved leg out to side, keeping knees straight.
- Return to start position and repeat.

Note: Perform only if unable to get into side lying position. Do not perform in both sidelying and supine (on your back) positions. Use a pillow case to reduce friction.



Perform
10 repetitions **2X/DAY**



Bridging

- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position and repeat.

Note: Maintain neutral spine.

Perform
10 repetitions **2X/DAY**

Sitting Knee Extension

- Sit with involved leg bent.
- Straighten leg at knee.
- Hold for five seconds.
- Return to start position and repeat.

Perform
10 repetitions **2X/DAY**

