

Phase 1 Exercises (First 6 Weeks)

1. Points to remember:
 - Avoid flexing your hip greater than 90 degrees.
 - Keep your legs apart.
 - It is OK to cross your ankles, but not your knees.
 - It is OK to put on your shoes and socks if you put your foot on a stool and let your knee fall out to the side.
 - A pillow between your legs when in bed is not required, but is more comfortable when laying o your side.

2. Perform the following exercises twice each day for 30 minutes.
 - Isometrics – Lying flat, tighten the muscles on the front of your thigh and simultaneously squeeze your buttock muscles. Keep your leg and buttocks flat on the bed. Hold for five seconds and then relax. Do not hold your breath during this exercise. Repeat 30 times each session, and more if desired.
 - Ankle Pumps – Sitting or lying, with your leg relaxed, gently flex and extend your ankle. Move through the full range of motion. Repeat 30 times each session, and
 - more if desired.
 - Heels Slides – Lie flat on the bed. Slide your heel toward your buttocks until a gentle stretch is felt. Gently straighten your knee by sliding your heel down until your hip is in full extension. Be sure to keep your legs slightly apart during this exercise. Repeat 10 to 15 times each session.
 - Short Arc Quads – With your operated leg resting on a rolled towel, straighten your knee by tightening the muscles on the top of your thigh. Keep the bottom of your knee on the towel roll. Repeat 15 to 30 times each session.

3. Walking
 - The best possible exercise for your hip is simply walking. We encourage you to walk at least twice daily. You should increase your distance daily and gradually wean from a walker or crutches to a cane and eventually off a cane (except patents on the slow-down program) Six weeks after surgery, most patients can walk one mile without a cane and with a slight limp. Three months after surgery, you should be able to walk any distance and climb stairs normally.