

Hip Resurfacing/Total Hip Arthroplasty Patients

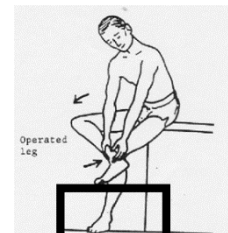
Phase One

Regular/Fast Program

revised 9/21/2020 tpg/tl

1. Points to remember for 6 weeks:

- Avoid flexing (bending) your hip greater than 90 degrees. Before standing up, scoot to the edge and slide your operated leg forward. Before sitting down, slide your operated leg forward, sit on the edge and then scoot back. When getting in and out of the car have the seat slid all the way back and the seat back reclined. Lean back and have your shoulders behind your hips as you bring your legs in and out of the car. When you are in the car you can have the seat positioned for comfort.
- Avoid hip internal rotation (turning your leg inward).
- Do not do straight leg raises for exercise. Okay to lift your leg to move it on and off the bed and in and out of the car when comfortable.
- Do not cross your legs when your hips and knees are flexed (bent). Okay to cross at your ankles.
- Okay to lie on either side. Okay to use a pillow(s) between your legs for comfort when on your side.
- Okay to reach towards your foot when sitting to put on socks and shoes if your knee can fall out to the side (hip external rotation). It may be most comfortable to rest your foot on a step stool, let your knee roll out and then bend forward. Your foot must be on the floor or supported on a step stool.



2. Walking:

The best possible exercise for your hip is simply walking. Week 1 you must use two crutches or a walker at all times and limit your distance to functional/necessity walking only. No walking for exercise. No roaming. Week 2 you will start your home walking program and progress to one crutch or a cane held in your opposite hand. Your home walking program is one walk each day for your hip on a level surface. If necessary you can walk on a treadmill at a slow walking pace holding on with both hands and no incline. Gradually increase your distance. **Do not walk a mile at week 2.** Week 4 you can try to walk without anything. It is okay and recommended to continue to use a cane or walking stick for your long walks. Watch your soreness and limping. Weeks 5-6 most patients can walk one continuous mile with a slight limp. Three months after surgery, you should be able to walk any distance and climb stairs without a handrail if you are medically and physically fit.

Recommended distance progression:

Week 2- ¼ mile. Week 3- ½ mile. Week 4- ¾ mile. Weeks 5-6- one mile.

Crutch/Walker Walking Sequence

Level Surface- Move your crutches or walker forward first then your operated leg then your non-operated leg.

Up Steps- “up with the strong”. One step at a time. Your non-operated leg will go up first then your operated leg then the crutches. You can use a handrail on both sides or a handrail on one side and crutch or cane on the other side. You cannot use a walker on multiple steps.

Down Steps- “down with the weak”. One step at a time. Your crutches will go down first then your operated leg then your non-operated leg. You can use a handrail on both sides or a handrail on one side and crutch or cane on the other side. You cannot use a walker on multiple steps.

3. Perform the following exercises:

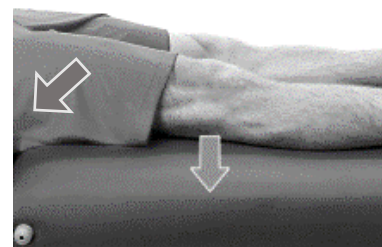
a. Ankle Pumps

Sitting or lying, bend your feet up and down at your ankles. Move through the full range of motion for blood circulation. Do this exercise 30 times every waking hour for the first two weeks.



b. Isometrics

Sitting or lying with your legs straight, tighten the muscles on the front of your thighs (quadriceps) by pressing your knees flat and simultaneously squeeze your buttocks muscles. Hold five seconds. Relax. Repeat. Start with 30 times two times per day. Okay to do more but don't make yourself sore. Do not hold your breath during this exercise.



c. Heel Slides

Lying flat on your bed with your legs straight, gently slide your heel towards your buttocks. Then slide it out until your knee is straight. Relax. Repeat. Do this exercise 10-15 times two times per day only. You have to do this on your operated side. Optional on the other side. Do not do both legs at the same time.



d. Short Arc Quads

Lying flat on your bed with your knee resting on a rolled towel 3-4 inches in diameter, lift your heel off your bed straightening your knee. Keep your knee on the roll. Hold five seconds. Slowly lower. Relax. Repeat. Do this exercise 15-30 times two times per day only. You have to do this on your operated side. Optional on the other leg. Do not do both legs at the same time.



You may not use a stationary bike, stair stepper or elliptical for six weeks. At week 3 you can start arm exercises. You must be seated and can use free weights, resistance bands or machines. Any weight is OK as long as you don't push with your legs. Crunches and pull-ups are OK at week 3 but no pushups, no sit-ups, no bridges or planks for six weeks.