

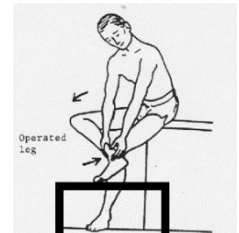
Hip Resurfacing/Total Hip Arthroplasty Patients

Phase One 10% Weight Bearing Extra Slow 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. Once 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. Extra Slow Walking Program:

- Two crutches or a walker at all times 10% weight bearing for six weeks.
- **When you are standing you can have equal weight on your legs. When you are walking you need to be 10% weight bearing on your operated leg.**
- After 6 weeks we will gradually advance weight bearing with crutches. Up to 50% over the next month, then up to 100% over the second month. In the third month you will use a cane held in your opposite hand. Thereafter you are free to walk for exercise. Dr. Gross will review these instructions at your 6 week appointment.

Crutch/Walker Walking Sequence

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

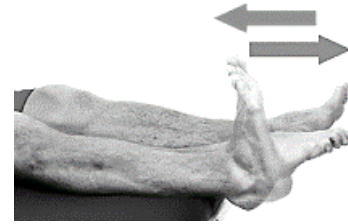
Up Steps- “up with the strong”. One step at a time. Your non-operated leg will go up first then your operated leg then the crutches. You can use a handrail on both sides or a handrail on one side and crutch or cane on the other side. You cannot use a walker on multiple steps.

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:

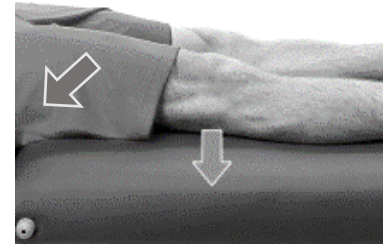
a. Ankle Pumps

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 wide, 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 18 weeks on the extra slow program. At week three 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 do not push with your legs. Crunches and pull-ups are OK at week three but no pushups, no sit-ups, no bridges or planks for six weeks.