

Total Hip - Anterior Surgical Approach

General Instructions:

Your hip requires special treatment after surgery, for a temporary period of time, usually about two and a half months. During that time, abide by the following precautions:

1. Don't cross your legs.
2. Don't lie on your side unless you keep pillows between your knees.
3. Don't pivot (turn) on your involved leg.
4. Don't use any type of exercise equipment except as instructed by your therapist.
5. Don't roll your involved leg outward except as instructed by your therapist.

A bit of advice:

Before getting out of bed, it's a good idea to pump your ankles by moving your feet and toes up and down about 10 times. This will help prevent swelling and pooling of blood in your legs.

Do only those exercises taught you by your therapist. Gradually increase the number of sets / sessions that you do as you get stronger.



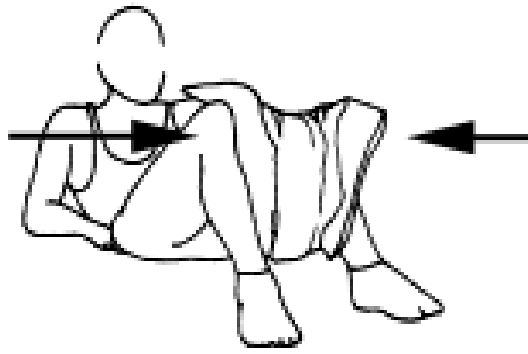
Relax leg.
Gently bend and straighten ankle.
Move through **full** range of motion.
Avoid pain.

Repeat _____ repetitions /set.
Do _____ sets / session.
Do _____ sessions / day.
Special instructions:



Gently tense muscle on top of thigh by pushing knee down to the pillow.

Repeat _____ repetitions /set.
Do _____ sets / session.
Do _____ sessions / day.
Special instructions:



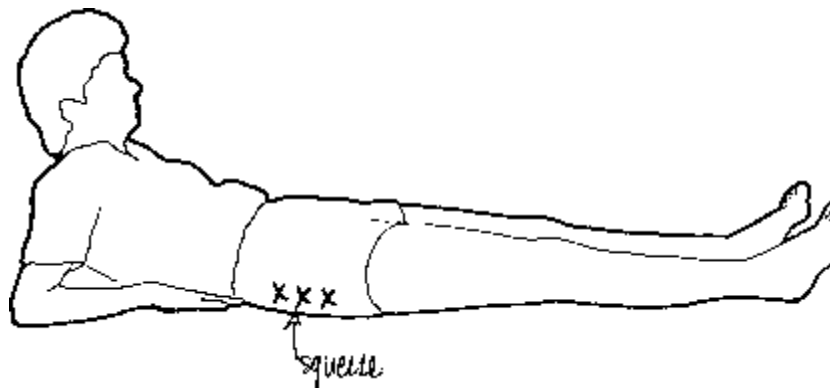
With folded pillow between knees, squeeze knees together.

Repeat _____ repetitions /set.

Do _____ sets / session.

Do _____ sessions / day.

Special instructions:



Tighten buttock muscles.

Repeat _____ repetitions /set.

Do _____ sets / session.

Do _____ sessions / day.

Special instructions:



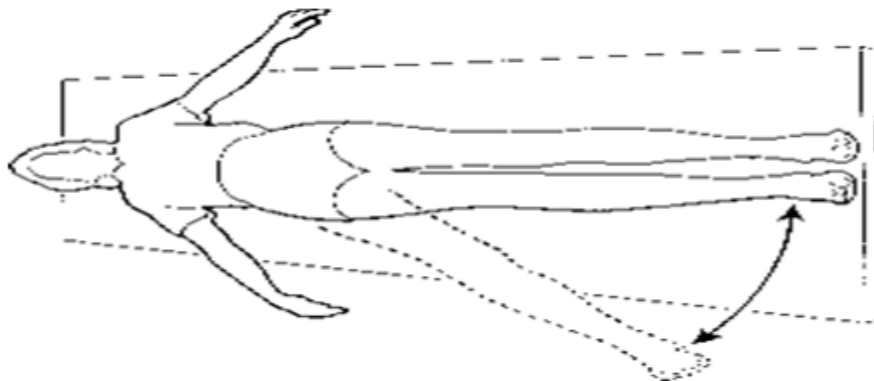
1. Lie on your back with your head on a pillow and legs straight.
2. Keep your kneecaps pointed toward the ceiling throughout the exercise.
3. Slide one foot toward your buttocks, bending the knee and hip.
4. Slowly return to the starting position.

Repeat _____ repetitions /set.

Do _____ sets / session.

Do _____ sessions / day.

Special instructions:



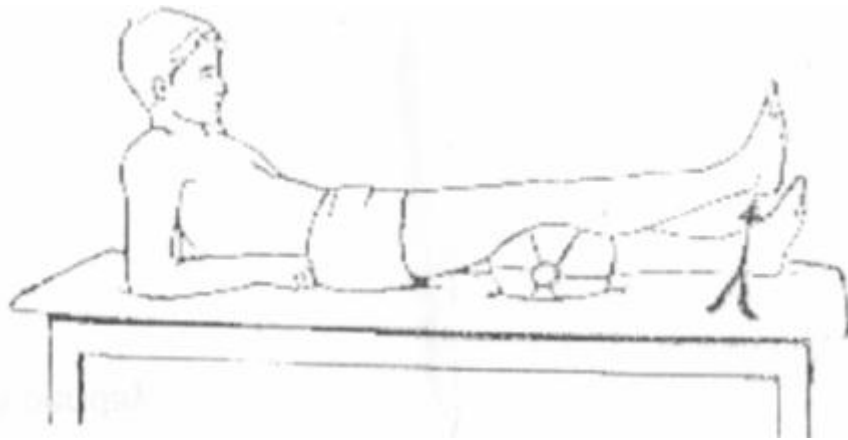
Gently bring leg out to side and back, keeping your knee straight.

Repeat _____ repetitions /set.

Do _____ sets / session.

Do _____ sessions / day.

Special instructions:



With knee bent over the bolster, straighten knee by tightening the muscles on top of thigh. Be sure to keep bottom portion of knee on bolster.

Repeat _____ repetitions /set.

Do _____ sets / session.

Do _____ sessions / day.

Special instructions: