

Bronson Joint Replacement Program

Anterior Hip Exercises

Exercise Program

These exercises can also be done before your surgery. The more you do them before surgery, the better your body will remember how to do them after surgery.

You should complete approximately 5-10 minutes of exercise per hour followed by rest for the remainder of the hour. You will need to rotate which exercises you do. Try to complete 5-10 repetitions of each exercise, at least three times per day. Our goal is for you to exercise frequently throughout the day for short amounts of time.

Supine Exercise (on your back)



1. Ankle Pumps

Lie on your back with your leg straight. Gently bend and straighten your ankle. Be sure to move through your full range of motion (go as far as you can).

2. Bilateral Knee Rolling

While on your back, roll both knees in at the same time, then relax. Do not roll out past neutral.





3. Gluteal Sets

Lie on your back with your legs straight. Squeeze your buttocks together. Hold 5-10 seconds. Be careful not to hold your breath.

4. The Hula

(Push-pull of the hips by hiking at the pelvis with straight legs)

Lie on your back and while keeping the knees straight, alternate between making the operative leg longer and the opposite leg shorter. Hold for 5 seconds, then vice-versa.



5. Thomas Test Stretch: Stretching Hip Flexors on Operative Leg



Lie on your back with the bed 100% flat. The knee on the non-operative leg is pulled to the chest and held for five seconds while you stretch the operative leg flat.

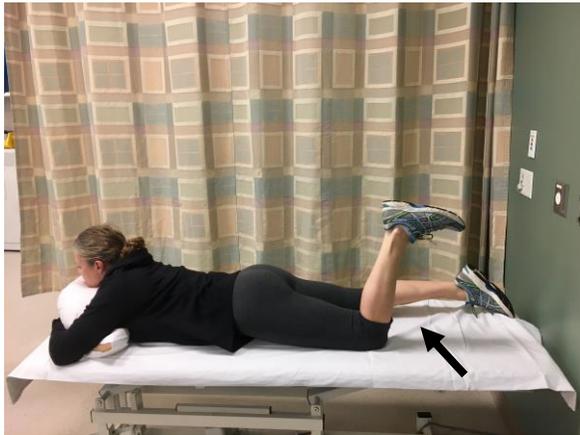
Caution: Never pull the operative leg to the chest.

Please Note: It is also important to spend some time throughout the day with the bed flat to minimize muscle tightness.

Prone Exercises

(on your stomach)

Demonstrate on the last day in the hospital. Begin at home. Lie on your stomach three times per day for 30 minutes. Roll towards your operative side to get onto your stomach to avoid external rotation in your operative hip.



6. Hamstring Curls

Lying on your stomach, bend your lower legs at the knee.

7. Flexion While Sitting

Sitting on a chair: With your hips gently abducted, feet apart and toes pointed out, reach down the inside of the operated leg as if to tie your shoe.



Standing and Out of Bed Exercises

Start on first post-operative day.



8. Standing Extension Stretching

With your walker forward, thrust the pelvis forward by leaning your torso backward with both knees straight and your head looking straight ahead.

9. Riding Bike

Start date: begin the day after your surgery.

Mounting the Bike: Approach the same side of the bike as your operative leg (example if your right leg is your operative leg, approach the right side of the bike). Turn your back to the bike and stool while holding your walker or crutches. Step backward onto the stool with your non-operative leg first and reach one hand for the seat and one hand for the handles. Boost yourself onto the seat and slowly turn forward, bringing your non-operative leg through first. *Follow these instructions only if your physical therapist instructed you on this method.*

Use no tension. Start by rocking back and forth with the seat in the high position so that the knee is straight when the pedal is at its lowest point.

Progress from rocking to full revolutions. As it gets easier to ride with improved knee range of motion, gradually keep lowering the seat height so that the knee bends more to complete a revolution.

Ride for 5 minutes duration for 3 times per day. Increase to 4-6 times each day while at home.

Step 1:



Step 2:



Step 3:



Step 4:



Step 5:



Step 6:



Alternative Method for Mounting the Bike:

Stand facing the side of the bike with your new operative leg facing the handle bars and the non-operative leg facing the seat. Step through the bike with the non-operative leg. Then place the non-operative foot on the pedal and stand-up to place the buttocks on the seat and the operative foot on the other pedal while the pedal is at the bottom of the arc.