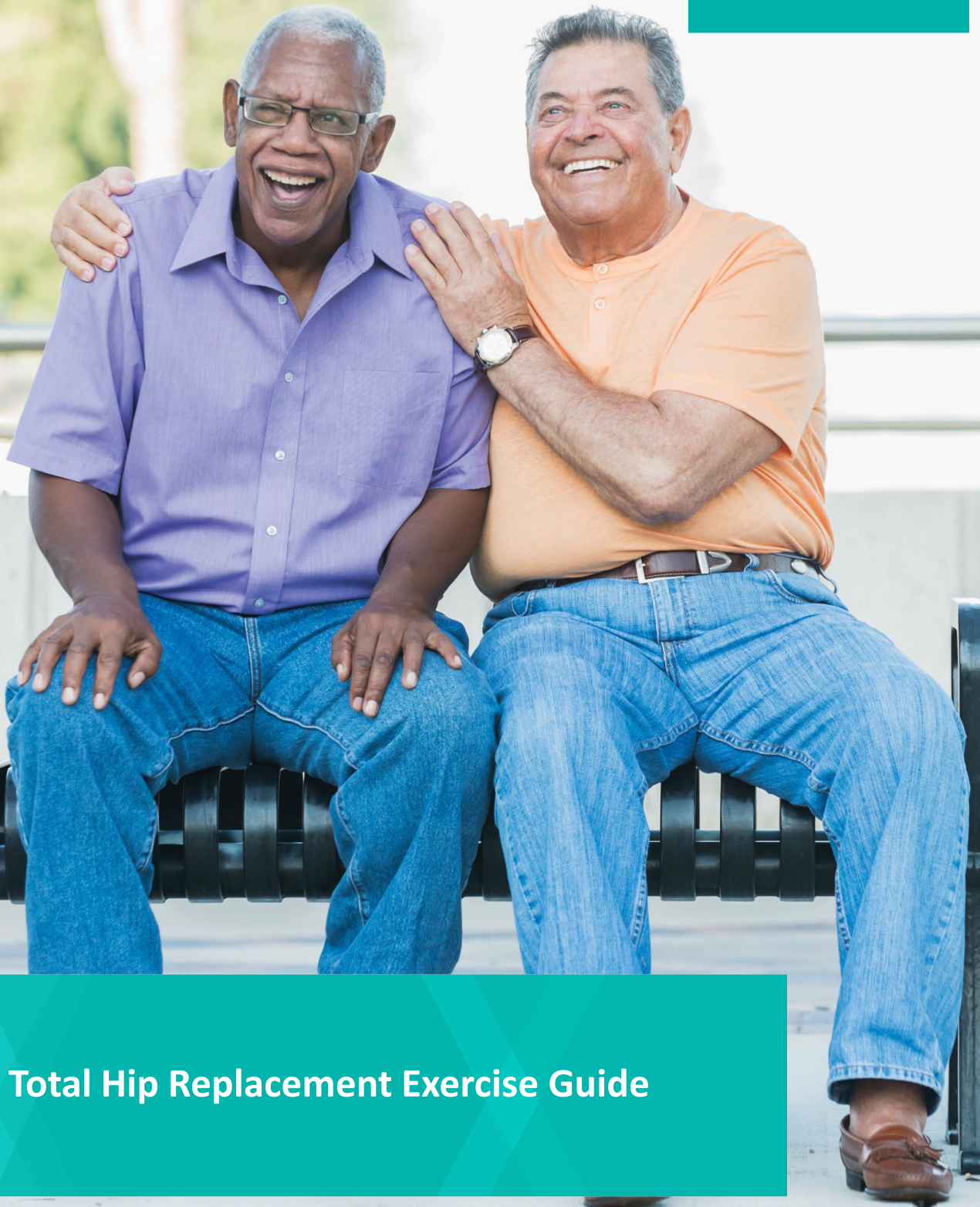




Mackenzie
Health



Total Hip Replacement Exercise Guide

LONG ARC QUADS/ KNEE EXTENSION



Sit in a chair. Straighten your operated leg by tightening your thigh muscle until your knee is fully extended.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

SHORT ARC QUADS



Lie on your back with your knees straight. Place a large coffee can or towel roll under your operated leg. Lift your foot off the bed by straightening the knee. Do not hold your breath.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

QUAD SETS



Lie on your back. Tighten your thigh muscles and press your operated leg into the bed.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

GLUTE SETS



Lie on your back. Squeeze your buttocks together. Do not hold your breath.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

ANKLE PUMPS



Lie on your back. Flex and point your feet, bending at the ankle. Do not hold your breath.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

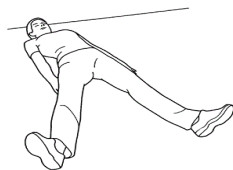
HEEL SLIDES



Lie on your back with your knees straight. Bend your operated leg and slide the heel toward your bottom, then straighten. Do not bend your hip more than 90 degrees. Do not hold your breath.

- Hold for **5** seconds.
- Repeat **20** times.
- Do **2-3** sessions per day.

HIP ABDUCTION



Lie flat on your back. Bring your leg out to the side and then back to the middle position.

- Do not hold your breath.
- Repeat **20** times.
- Do **2-3** sessions per day.

Total Joint Replacement

Exercise Guide– Hip Precautions

Follow these precautions until your doctor instructs you otherwise:

DO NOT Bend Your Trunk Forward More Than 90°

DO NOT Lift Your Knee on the Surgery Side Higher Than Your Hip

- Use a raised toilet seat.
- Do not lean forward past your knees to put on clothing or reach for your walker.
- Use long-handled adaptive equipment.
- Be careful when getting up and down from sitting.
- Avoid sitting in low chairs and chairs without armrests.
- Do not attempt to sit down in the bathtub, use a shower instead.



DO NOT Bring Your Operated Leg Past the Midline of Your Body

- Do not cross your legs or ankles.
- Keep your knees apart at all times.
- When sitting or lying down, keep a pillow between your knees.
- Keep your legs apart and pivot your whole body when getting out and in bed.



DO NOT Rotate Your Operated Leg

- When rolling onto your side, keep a pillow between your knees.
- When lying on your back, keep your toes pointed toward the ceiling.
- When lying down or sitting, do not lean toward the non-operated side to reach for objects.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements

TRANSFERS IN AND OUT OF A CAR



Position the car seat back as far as possible. Use a cushion or pillow on the seat to raise the sitting surface. Use plastic trash bag on the seat to make it easier to slide.



Back up to the car until both of your legs are touching the seat of the car.



Place one hand on the dashboard and one hand on the back of the seat. Tuck your head and lower yourself onto the edge of the seat.

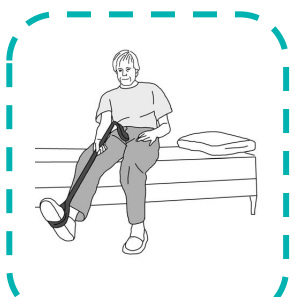


Move back onto the seat as far as possible. Lift your legs into the car one at a time. Maintain any precautions you have been instructed to follow.

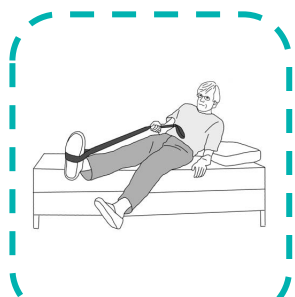
GETTING IN AND OUT OF BED



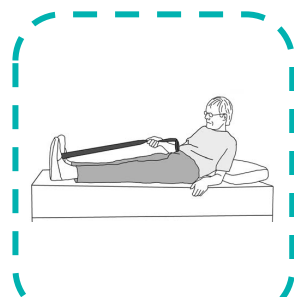
Back up until you feel the bed against the back of your legs. Place your operated leg forward. Reach for the bed surface, and lower yourself.



Place the leg lifter on your operated leg, and use it to lift your leg onto the bed.



As you lift the operated leg onto the bed lift the other leg at the same time. Keep legs about 6 inches apart.



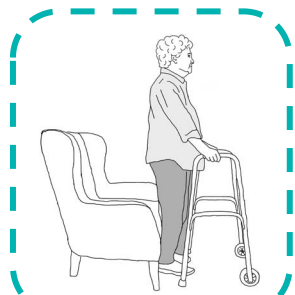
Reverse these steps for getting out of bed.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements

SITTING DOWN



Back up until you feel the chair, bed or commode against the backs of your legs.



Slide your operated leg forward while reaching back with one hand for the chair arms, bed, or commode.



Lower yourself slowly by leaning forward and keeping your operated leg out in front. Try not to drop into the chair.

TIP

Choose a sturdy, high-seated chair with arms. Avoid chairs that swivel, rock or have casters.

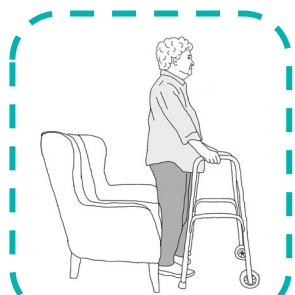
STANDING UP



Scoot to the edge of your chair. Keep your operated leg out in front. Pull your non-operated foot back.



Keep your operated leg out in front. Lean forward. Push yourself up to standing using both hands.



Make certain you have your balance before walking.

TIP

Choose a sturdy, high-seated chair with arms. Avoid chairs that swivel, rock or have casters.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements



TRANSFER TO TUB USING BATH TRANSFER BENCH (LEFT)



Back up to the tub bench until you can feel it against the back of your legs.



Reach for back for the tub bench and lower yourself onto the seat. Scoot back as far as you can.



Turn your body to the left, in toward the tub and lift your left leg into the tub.



Scoot your bottom farther onto the seat and lift your right leg into the tub. To get back out, reverse the steps.

TRANSFER TO TUB USING BATH TRANSFER BENCH (RIGHT)



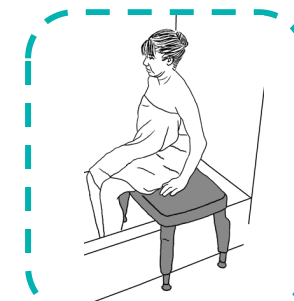
Back up to the tub bench until you can feel it against the back of your legs.



Reach for back for the tub bench and lower yourself onto the seat. Scoot back as far as you can.



Turn your body to the right, in toward the tub and lift your right leg into the tub.



Scoot your bottom farther onto the seat and lift your left leg into the tub. To get back out, reverse the steps.

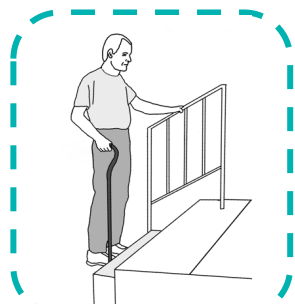
Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements



USING A CANE – GOING UP STEPS



Hold your cane on the side opposite the handrail, this may be your weaker/affected side or your strong side. Hold on to the handrail with your free hand.



Raise your stronger leg up to the first step.



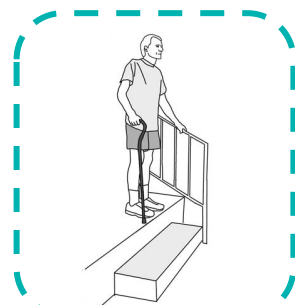
Bring your weaker/affected leg and cane together up to the same step.



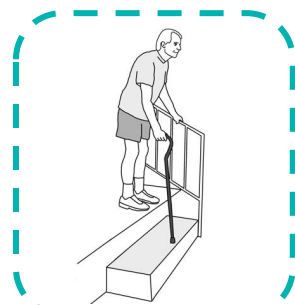
Keep your weaker/affected leg and cane parallel to each other.

Remember: "Up with the good." and "Down with the bad."

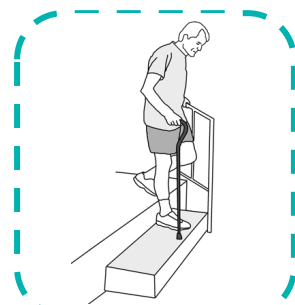
USING A CANE – GOING DOWN STEPS



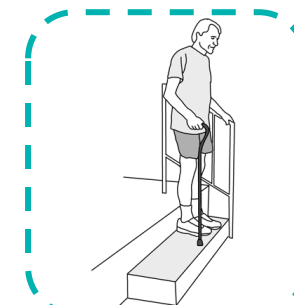
Hold your cane on the side opposite the handrail, this may be your weaker/affected side or your strong side. Hold on to the handrail with your free hand.



Place your cane on the first step down.



Bring your weaker/affected leg to the first step down..



Then bring your stronger leg to the same step. Continue placing cane, weaker leg, stronger leg. One step at a time.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements



LOWER BODY DRESSING (DONNING) WITH AN AID



It is easier to put the more **affected leg** **into the pants first.**



Using a dressing stick/reacher, hook the waistband and lower the pants down to your foot using the dressing stick/reacher.



Pull the pants up your leg.



When you can safely reach the pants, remove the dressing stick/reacher and pull the pants over your foot.



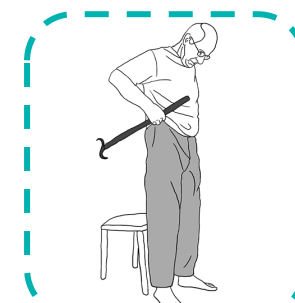
Use the dressing stick/reacher and lower the pants back to the floor.



Lift your other leg into the pants and use the dressing stick/reacher to pull them up.



Pull the pants up as far as possible while sitting.



Stand and finish pulling up the pants.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements



SOCKS AND SHOES WITH AN AID



Gather a sock over the sock aid.



Keeping a hold on the straps. Toss the sock aid to the floor.



Position the sock aid in front of your foot.



Start to pull the sock aid over your toes. Point your toes and lift your heel off the floor.



Pull the sock aid completely out, leaving your sock on your foot.



To remove your sock, use your dressing stick/reacher to hook the back of the sock and push it off..



Wear slip-on shoes or replace the laces with elastic laces or Velcro closures. Use a long handled shoehorn to help you get your shoe on.



Remove your shoe using the dressing stick/long handled shoehorn to push it off from the heel.

Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements

LOWER BODY DRESSING (DOFFING) WITH AN AID



Unfasten your pants while sitting. Stand with a walker and lower your pants and underwear past your hips.



Return to sitting. Use the dressing stick/reacher to push the garments down.



Remove the pants and underwear from your feet.



Use the dressing stick/reacher to pick up the pants and underwear off the floor.

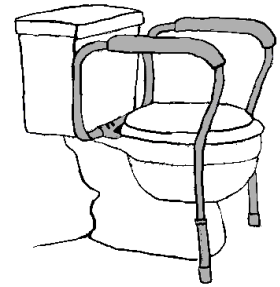
Total Joint Replacement

Exercise Guide

Instructions for both Hip & Knee Replacements

GENERAL SAFETY TIPS

- If you have difficulty sitting down or standing up from the toilet you may benefit from adaptive equipment. An elevated toilet seat increases the height of the seat; a toilet safety frames provides leverage for pushing up from the seat. A bedside commode over the toilet or an elevated toilet seat with armrests does both.
- When adjusting adaptive equipment, the height should allow you to touch your feet to the ground.
- If you are too weak or unsteady to make it to the bathroom especially during the night, consider using the bedside commode next to your bed or a urinal. Urinals are available that are spill proof and some are designed for women.
- Mark the legs of a toilet safety frame or commode with colored tape to easily see the legs so you don't catch your feet on them.



MANAGING YOUR CLOTHES



- Pull your pants up over your knees before standing; this will prevent them from falling down to your ankles when you stand up.
- Keep an extra set of dressing tools in the bathroom.
- Choose clothing that is easy to pull up and down such as elastic waist pants. Use suspenders instead of belts. Remove long robes before going to the bathroom.
- Use pull-up style incontinence briefs instead of the side tab kind.

CLEANING UP

- If you're having difficulty reaching the toilet paper, move the toilet paper holder to a different location or purchase a freestanding toilet paper holder.
- Use moist flushable wipes to stay fresh between bathing.
- If you are having difficulty reaching behind to wipe yourself, a pair of kitchen tongs or toileting aid can extend your reach.
- Use a non-rinse hand cleaner to conveniently clean your hands in the bathroom or next to the bedside commode.

