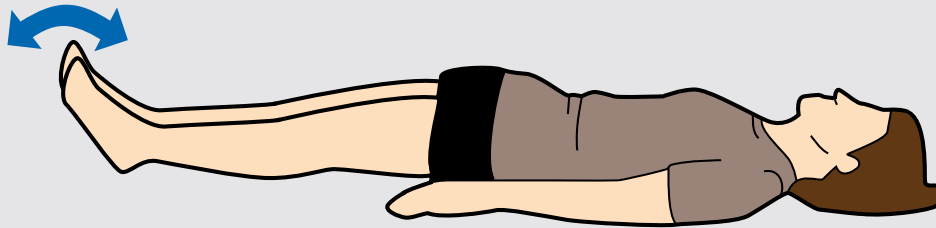


All exercises to be completed in a chair or bed.

Ankle Pumps

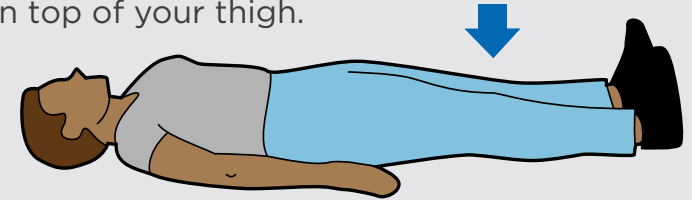
- 1 Lie on your back or sit up in a chair.
- 2 Point your toes up then down as far as possible.



- 3 Repeat 20 times, many times per day.

Quad sets

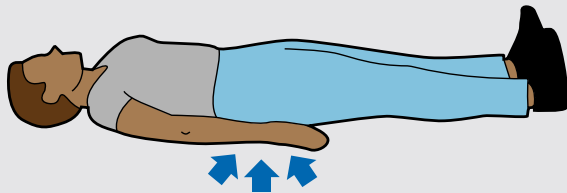
- 1 Lie on your back with your legs straight.
- 2 Press the back of your knee downward towards the floor. This will tighten the muscle on top of your thigh.



- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

Gluteal Sets

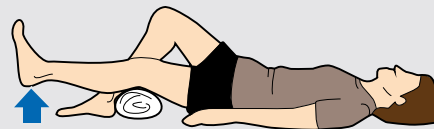
- 1 Lie on your back with both your knees straight.
- 2 Tighten your buttocks muscles firmly together.



- 3 Hold for 5 seconds.
- 4 Repeat 10 times, 3 times per day.

Short Arc Quad

- 1 Lie on your back with a towel/pillow under the operative knee.
- 2 Raise your heel off the surface until your knee is straight.

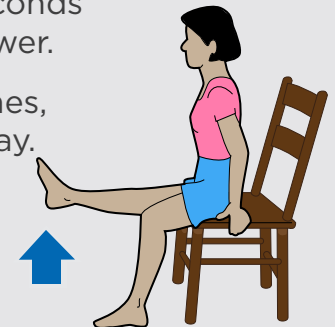


- 3 Hold for 3 seconds and slowly lower.
- 4 Repeat 10 times, 3 times per day.

Long Arc Quad

- 1 Sit in a chair or on the edge of a bed.
- 2 Lift your foot toward the ceiling.
- 3 Hold for 3 seconds and slowly lower.
- 4 Repeat 10 times, 3 times per day.

OR



Lateral Total Hip Replacement Precautions

The precautions you will need to follow after hip surgery will depend upon the complexity of your surgery and the surgical approach used. If you have precautions, they are temporary to allow your body to heal and your surgeon will tell you how long they need to be followed.

No Active Hip Abduction



DO NOT actively bring leg out to the side.



DO NOT actively bring leg out to the side.