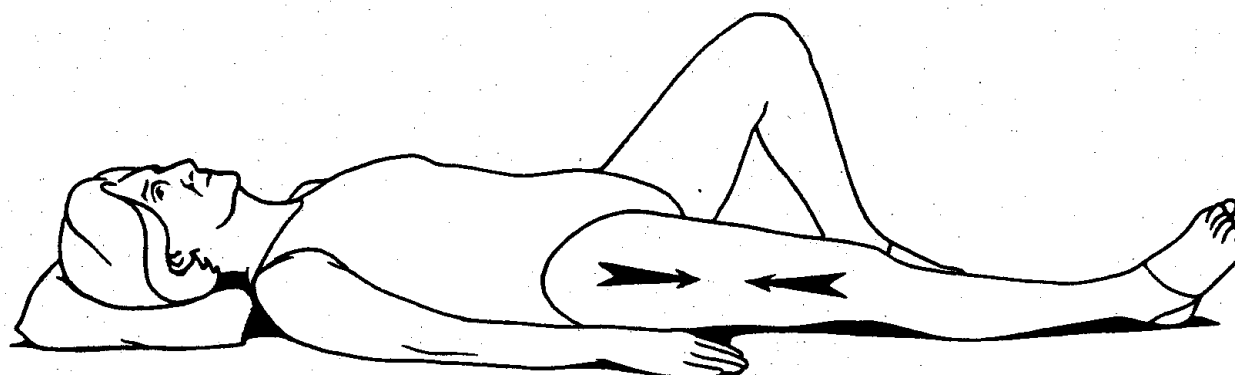


Total Hip Replacement Exercises

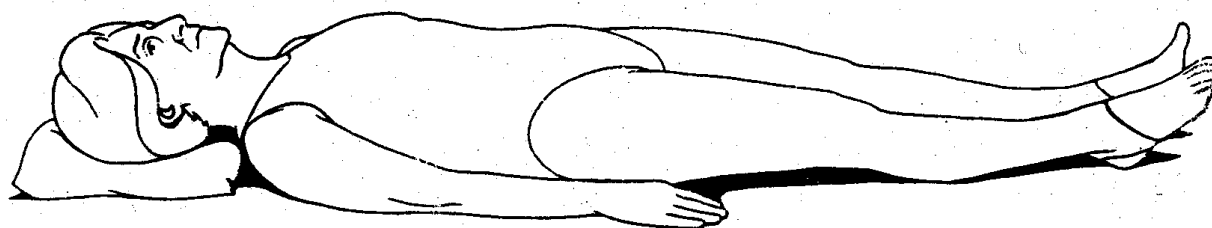
Quadricep Sets

- Slowly tighten muscle on thigh of straight leg while counting to 10 out loud.
- Repeat _____ times _____ times each day.



Gluteal Squeezes

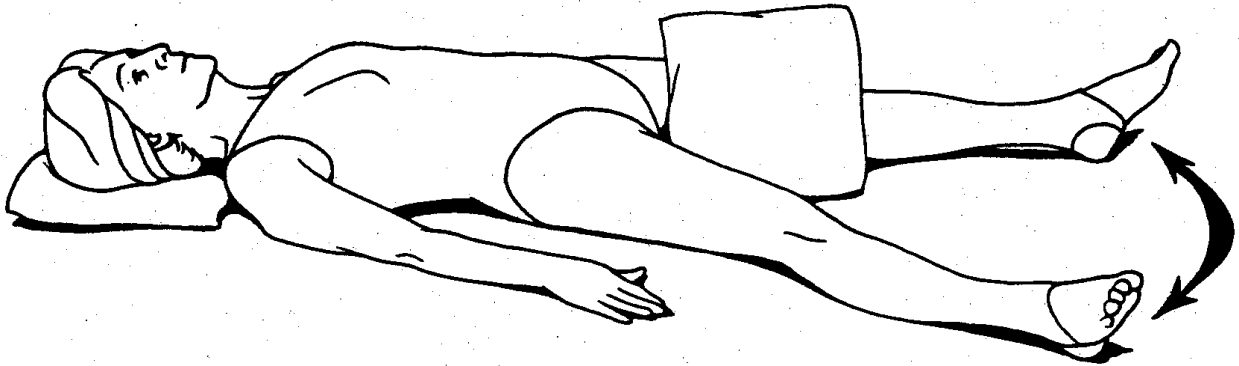
- Squeeze buttocks muscles as tightly as possible while counting out loud for 10 seconds.
- Repeat _____ times _____ times each day.



OVER

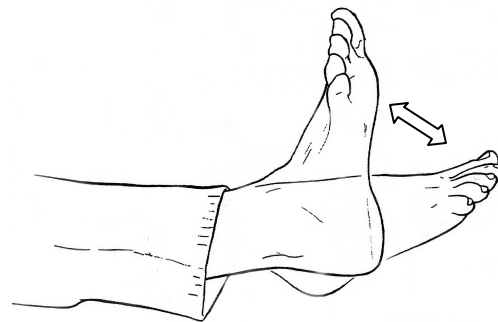
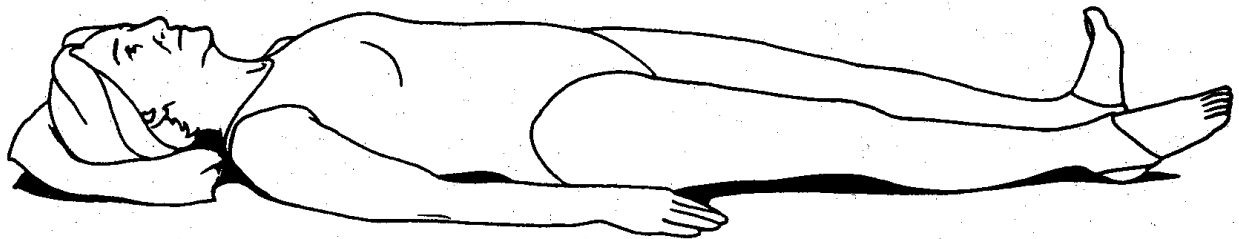
Abduction

- Slide one leg out to the side.
- Keep kneecap pointing toward the ceiling.
- Gently bring the leg back to the pillow. Repeat with the other leg.
- Repeat _____ times _____ times each day.



Ankle Pumps

- Bend ankles up and down, alternating feet.
- Repeat _____ times _____ times each day.



Photos by VHI