

Hip Post - Op Exercises

Regular exercise to restore your hip mobility and strength and a gradual return to everyday activities are important for your full recovery. You will be instructed in an exercise program during your initial post-operative therapy visit at ISMI.

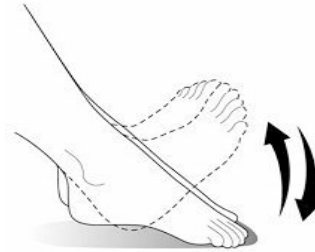
Initially, Our 2 primary goals post-operatively are:

- 1. Prevent lower extremity stiffness**
- 2. Limit swelling and pain in the hip and leg**

**It is recommended that you start the following exercises the day of surgery
– OR – as soon as your block wears off.**

ANKLE PUMPS:

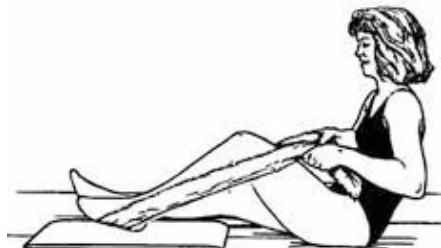
Move your foot up and down rhythmically by contracting your shin and calf muscles. Perform this exercise for one to two minutes every hour after the surgery.



HEEL SLIDES:

Seated or laying down with both knees straight, slowly slide the heel of one foot toward you, bending the leg. Then, return the heel to starting position. If necessary, use a towel for assistance by placing towel under the heel and pulling to bend the knee.

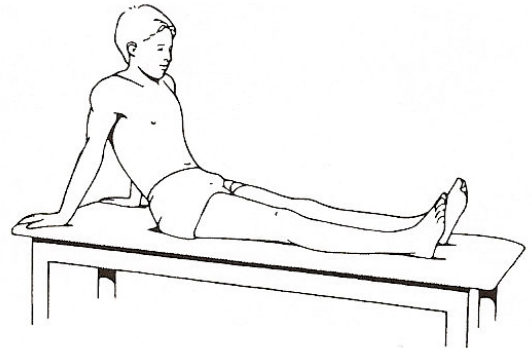
Do 1-2 sets of 5-10 repetitions 3 times a day.



QUAD SETS

With knee straight, tighten the quadriceps (front thigh muscles), pushing the back of your knee into the floor and pulling the kneecap up. Hold for 10 seconds.

Do 1-2 sets of 5-10 repetitions 3 times a day.



ICE

Ice continuously 24-48 hours after surgery. Do not put ice on bare skin.

After you have completed the exercises, put ice on the hip for 15-20 minutes.

Ice your hip any time you notice increased pain or swelling.