



TOTAL JOINT PREP PROGRAM

PREParing You For Surgery

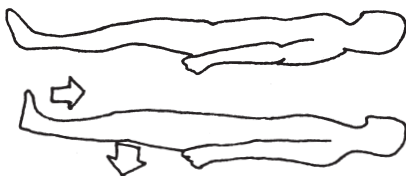
Exercise Program for the Total Hip from the Physical Medicine Department



Gluteal Sets

Lie on your back. Tighten your hip muscles by pinching your buttocks together as tightly as possible. Hold for a count of five (5) and then relax completely.

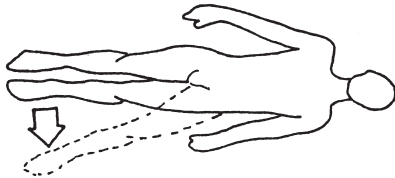
Repetitions: _____



Quad Sets

Keep your legs straight. Bend your feet toward your head, then push the back of your knees down into the bed by tightening the muscles on top of the thigh. Hold for a count of five (5). Then relax completely and draw circles with your toes.

Repetitions: _____



Hip Abduction

Lie on your back with a pillow between your legs. Slide your involved leg out to the side. Keep your toes and kneecap pointed toward the ceiling. Then return your leg to the starting position.

Repetitions: _____



Hip And Knee Flexion

Lie on your back. Bend the hip and knee of your involved leg by sliding your heel toward your buttocks as far as possible and keeping your heel down on the bed. Then straighten your leg by sliding your heel back down.

Repetitions: _____



Straight Leg Raise (if instructed)

Lie on your back. Bend the knee of the uninvolved leg. Perform a quad set with the involved leg. Then with the knee straight, lift your heel up 10 inches. Hold for a count of five (5), then return to the starting position. Relax completely and draw circles with your toes.

Repetitions: _____

