

Adult Reconstructive Surgery  
OrthoIllinois – Hip and Knee Center

Jena Carnell, ATC, ROT  
Clinic Lead

**Clinic Locations:**

650 South Randall Road  
Algonquin, IL 60102

1435 North Randall Road, Suite 103  
Elgin, IL 60123

Phone: (815) 398-9491 – Fax: (815) 381-7498

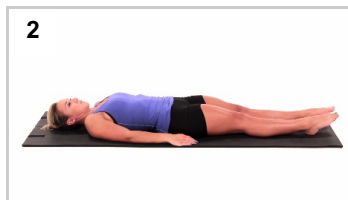
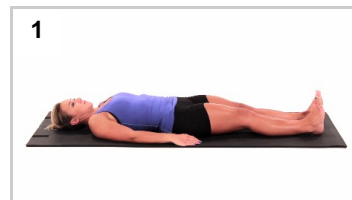
---

## **Post-Operative Exercises - Total Hip Replacement**

- Perform these exercises daily for the first 3-5 days after surgery.
- You may rest for about 24 hours if you cannot tolerate the exercises, then slowly try to reintroduce.
- The most important thing is to work on walking right away, and to obey your hip precautions, if given.
- After 3-5 days you will likely transition to outpatient therapy.

## Supine Ankle Pumps

<b>REPS: 12</b>	<b>SETS: 2</b>	<b>DAILY: 3</b>	<b>WEEKLY: 7</b>
-----------------	----------------	-----------------	------------------



### Setup

Begin lying on your back with your legs straight.

### Movement

Slowly pump your ankles by bending and straightening them.

### Tip

Try to keep the rest of your legs relaxed while you move your ankles.

## Supine Quad Set

<b>REPS: 12</b>	<b>SETS: 2</b>	<b>DAILY: 2</b>
-----------------	----------------	-----------------



### Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

### Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

### Tip

Make sure to keep your back flat against the floor during the exercise.

---

## Supine Gluteal Sets

REPS: 12	SETS: 2	DAILY: 2
----------	---------	----------



### Setup

Begin lying on your back with your hands resting comfortably.

### Movement

Tighten your buttock muscles, then release and repeat.

### Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.

---

## Supine Heel Slide

REPS: 12	SETS: 2	DAILY: 3	WEEKLY: 7
----------	---------	----------	-----------



### Setup

Begin lying on your back with your legs straight.

### Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

### Tip

Make sure not to arch your low back or twist your body as you move your leg.

---

## Seated Long Arc Quad

REPS: 12	SETS: 2	DAILY: 2
----------	---------	----------



### Setup

Begin sitting upright in a chair.

### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

### Tip

Make sure to keep your back straight during the exercise.

---