

Exercises For Total Hip Replacement

PATIENT NAME _____

DATE _____

Exercise 1 — Single Leg Stance



Description: Stand on two TheraBand® Stability Trainers with straight upright posture. Slowly transition to single leg stance. Shift over to single leg stance on the opposite extremity. Use chair for support as needed.

#SETS _____ #REPS _____

Exercise 2 — Three Way Kicks



Description: Loop the TheraBand® CLX™ around each ankle. Shift weight on to one lower extremity and kick the opposite leg forward, keeping the knee straight. If hip precautions allow, kick the same lower extremity out to the side. Lastly, kick the same lower extremity backwards, keeping the knee straight. This can also be performed with the surgical leg as the stance leg.

#SETS _____ #REPS _____

Exercise 3 — Sit to Stand with Shoulder Flexion

Description: Loop TheraBand® CLX™ around both foot. Cross the band in front and grasp both ends. From a seated position, transition to standing. Against resistance, raise both arms overhead. Return to starting position.

#SETS _____ #REPS _____



Exercise 4 — Resisted Swing Phase



Description: Loop TheraBand® CLX™ around each ankle leaving one loop between. Plant one leg. Step forward and backward with the opposite leg. Switch sides when complete.

#SETS _____ #REPS _____

Exercise 5 — Hip Rotation on Non-Surgical Leg



Description: Kneel on a TheraBand® Stability Trainer. Loop TheraBand® CLX™ around ankle of the non-surgical leg. Secure CLX™ in door using TheraBand® Door Anchor. Slowly rotate ankle outwards against resistance while maintaining upright posture. Face the opposite direction with the TheraBand® CLX™ around the non-surgical ankle. Slowly rotate the ankle inwards against resistance while maintaining upright posture. This can be performed with the surgical leg when hip precautions have been cleared.

#SETS _____ #REPS _____