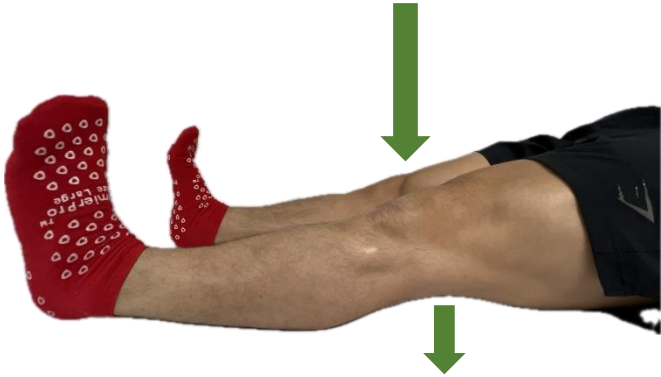
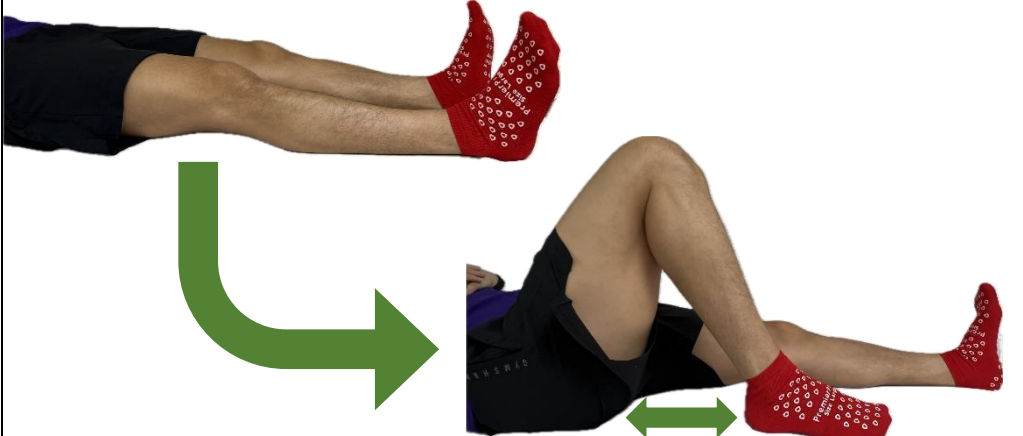
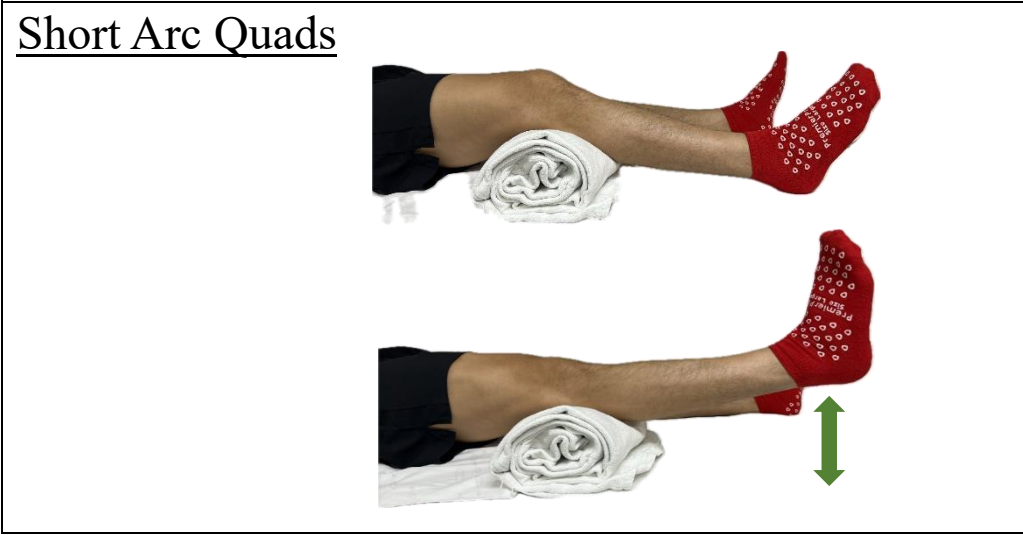


Greater Baltimore Center for Rehabilitation Medicine
Acute Care Physical & Occupational Therapy

Range of Motion and Strengthening Exercises
Total Hip Replacement

<u>Ankle Pumps</u> 	<u>Ankle Pumps</u> Move Ankles Up and Down. Repeat ____ times on each foot. You can move both feet at the same time or alternate left and right.
<u>Quad Sets (knee push downs)</u> 	<u>Quad Sets</u> Press both knees into the chair or the bed while tightening the muscles on the front of the thigh. Hold for a count of five seconds and DO NOT hold your breath. Repeat ____ times.
<u>Gluteal Sets (bottom squeezes)</u> 	<u>Gluteal Sets</u> Squeeze bottom together. Hold for a count of five seconds and DO NOT hold your breath. Repeat ____ times.

 The diagram shows a person lying on their back. The top image shows legs straight. A large green arrow points down to the bottom image, where the right leg is bent with the heel sliding towards the buttock. A green double-headed arrow indicates the sliding motion. Below this, a blue strap is shown under the foot, with a green double-headed arrow indicating its use to assist the movement. <u>Heel Slides</u>	<u>Heel Slides</u> Start lying down in a bed or reclining on a supportive chair with both legs out straight. Slide the heel of one leg towards your bottom and then straighten out. You may use a leg lifter, a strap or a sheet to assist with this movement if needed. Check with your therapist for any limits of movement after your surgery. Repeat ____ times.
 The diagram shows a person lying on their back with a rolled-up white towel or blanket under their knees. The top image shows the legs straight. The bottom image shows the right leg lifted, with the knee bent and the thigh pressed against the roll. A green double-headed arrow indicates the lifting motion. <u>Short Arc Quads</u>	<u>Short Arc Quads</u> Start lying down in a bed or reclining on a supportive chair with both legs out straight and with a blanket or foam roll under knees. Lift your foot up by straightening your knee and keeping your thigh against the roll. Repeat ____ times.

Long Arc Quads



Long Arc Quads

Sit up straight on a firm surface or chair.

Straighten your knee and hold for a count of five.

Return your foot to the floor.
Repeat ____ times.

Armchair Push-Ups



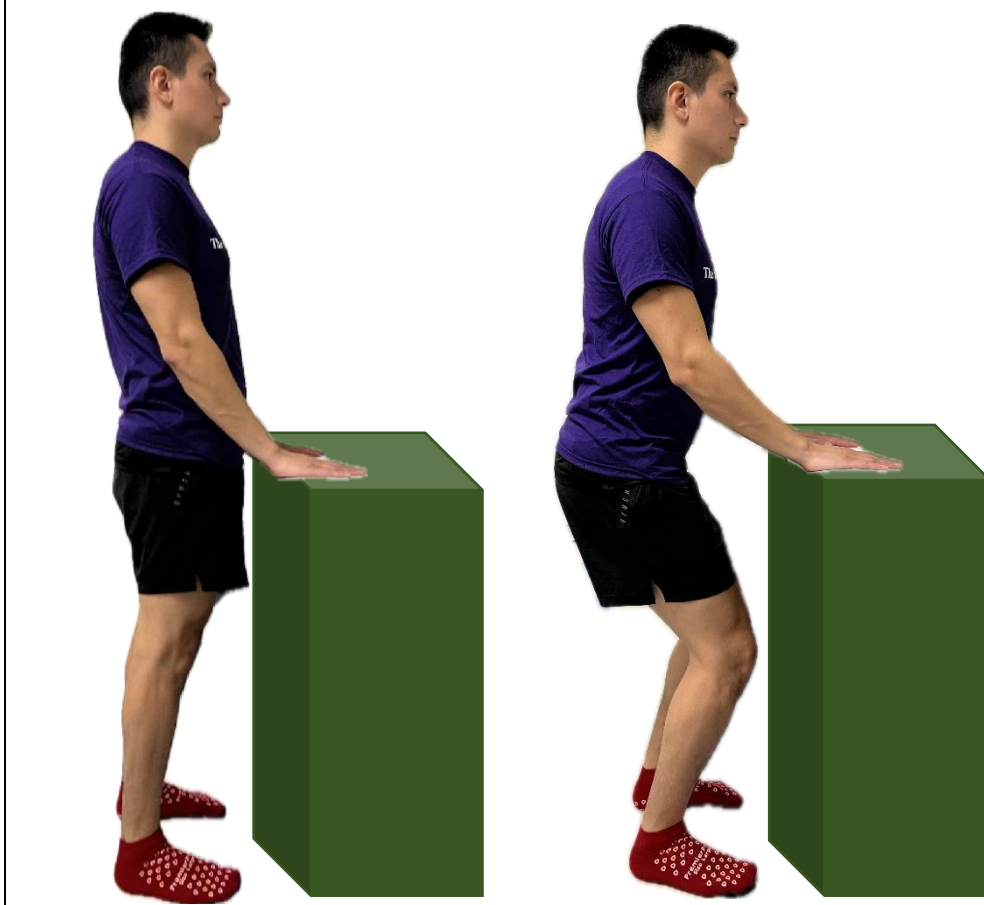
Armchair Push-Ups

Sit in a chair with your hands on the armrests and your feet flat on the floor.

Push up and straighten your arms while raising your bottom up off the chair. Lower slowly.

Repeat ____ times.

Mini Squats



Mini Squats

Hold on to a stable surface like a counter or railing with your feet flat on the floor.

Bend slightly at the knees and keep your back straight.

Return to standing position.

Repeat ____ times.