

DR. ANDERSON - POSTOPERATIVE TOTAL HIP EXERCISE SCHEDULE

The American Association of Hip and Knee Surgeons (AAHKS) has outlined a home exercise program for you after your hip replacement. This guide accompanies our patient exercise videos that you can find at <u>www.AAHKS.org/HipKnee</u>. Exercises will focus on stretching, strengthening, endurance and balance. The hip rehabilitation program is broken down into three phases: *Weeks 1-3, Weeks 4-6, Weeks 7-12*.

PHASE 1: Weeks 1 – 3

			SUN	MON	TUES	WED	THURS	FRI	SAT
STRETCHES	Hamstring Stretch	Week 1							
	3 sets: 1 rep	Week 2							
		Week 3							
	Calf Stretch Heel Cord	Week 1							
	3 sets: 1 rep	Week 2							
		Week 3							
	Secondary Calf Stretch	Week 1							
	3 sets: 1 rep	Week 2							
		Week 3							

DISCLAIMER

PLEASE USE THE EXERCISES AS A GUIDE AS IT IS <u>ULTIMATELY BETWEEN YOU AND YOUR</u> <u>SURGEON</u> TO DECIDE WHICH THERAPY SETTING IS RIGHT FOR YOUR HIP REPLACEMENT RECOVERY. YOUR SURGEON MAY RECOMMEND ALTERATIONS TO THIS ROUTINE. IF YOU EXPERIENCE ANY ABNORMAL DISCOMFORT, DIZZINESS, OR FEELINGS OF PASSING OUT, PLEASE STOP EXERCISING AND CONTACT YOUR PHYSICIAN AS SOON AS POSSIBLE.



			SUN	MON	TUES	WED	THURS	FRI	SAT
EXERCISES	Glute Sets	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Ankle Pumps	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Thigh Squeezes	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Quad Sets	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Quad Arcs	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Prone Knee Bend	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							
	Calf Raises	Week 1							
	3 sets: 10 reps	Week 2							
		Week 3							

			SUN	MON	TUES	WED	THURS	FRI	SAT
ENDURANCE	Walking	Week 1							
	Distance	Week 2							
		Week 3							

			SUN	MON	TUES	WED	THURS	FRI	SAT
BALANCE	Eyes Open	Week 1							
	Minutes : Seconds	Week 2							
		Week 3							

PHASE 2: Weeks 4 – 6

			SUN	MON	TUES	WED	THURS	FRI	SAT
STRETCHES	Hamstring Stretch	Week 4							
	3 sets: 1 rep	Week 5							
		Week 6							
	Calf Stretch Heel Cord	Week 4							
	3 sets: 1 rep	Week 5							
		Week 6							
	Secondary Calf Stretch	Week 4							
	3 sets: 1 rep	Week 5							
		Week 6							



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			SUN	MON	TUES	WED	THURS	FRI	SAT
EXERCISES	Quad Arcs	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Prone Knee Bends	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Straight Leg Raise	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Supine Hip Abd / Add	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Standing Hip Abd / Add	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Side-lying Hip Abd / Add	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Heel Slides	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							
	Mini-Squats	Week 4							
	3 sets: 10 reps	Week 5							
		Week 6							



IDURANCE Treadmill Week 4 Incline Week 5 Incline Week 6 Incline Incline Incline Incline Incline Week 6 Incline Incline <th< th=""><th>Speed: Incline Iliptical Speed: Incline tationary Bicycle Speed: Resistance Chair Position</th><th>Week 5Week 4Week 5Week 4Week 4Week 5Week 5Week 5Week 6</th><th>SUN</th><th>MON</th><th>TUES</th><th>WED</th><th>THURS</th><th>FRI</th><th>SAT</th></th<>	Speed: Incline Iliptical Speed: Incline tationary Bicycle Speed: Resistance Chair Position	Week 5Week 4Week 5Week 4Week 4Week 5Week 5Week 5Week 6	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 6 Image: Mark 1 Image: Mark 3	Iliptical Speed: Incline tationary Bicycle Speed: Resistance Chair Position	Week 6Week 4Week 5Week 4Week 5Week 5Week 5Week 6	SUN	MON	TUES	WED	THURS	FRI	SAT
Elliptical Week 4 Image: Constraint of the state	Speed: Incline tationary Bicycle Speed: Resistance Chair Position	Week 4Week 5Week 4Week 5Week 5Week 4Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Speed: Incline Week 5 Image: Constraint of the system	Speed: Incline tationary Bicycle Speed: Resistance Chair Position	Week 5Week 4Week 5Week 6Week 4Week 4Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 6 Image: Meek 6	tationary Bicycle Speed: Resistance Chair Position yes Open /Closed	Week 6 Week 4 Week 5 Week 6 Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Stationary Bicycle Speed: Resistance Chair Position Week 4 Image: Constraint of the state of	Speed: Resistance Chair Position yes Open /Closed	Week 4 Week 5 Week 6 Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Speed: Resistance Chair Position Week 5 Image: Speed	Speed: Resistance Chair Position yes Open /Closed	Week 5 Week 6 Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Speed: Resistance Chair Position Week 5 Image: Comparison Week 6 Image: Comparison Image: Co	Speed: Resistance Chair Position yes Open /Closed	Week 6 Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Chair PositionWeek 6Image: Chair PositionWeek 6Image: Chair PositionWeek 6SUNMONTUESWEDTHURSFRISATBALANCEEyes Open /Closed Minutes: SecondsWeek 4Image: Chair PositionMontest PositionImage: Chair PositionWeek 5Image: Chair PositionWeek 5Image: Chair PositionMontest PositionImage: Chair PositionFRISAT	Chair Position yes Open /Closed	Week 6 Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
SUN MON TUES WED THURS FRI SAT BALANCE Eyes Open /Closed Week 4 Image: Seconds Week 5 Image: Seconds Week 5 Image: Seconds Image: Seconds <t< td=""><td></td><td>Week 4 Week 5</td><td>SUN</td><td>MON</td><td>TUES</td><td>WED</td><td>THURS</td><td>FRI</td><td>SAT</td></t<>		Week 4 Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
Minutes: Seconds Week 5 Week 5		Week 5			-				
BALANCE Eyes Open /Closed Week 4 Image: Comparison of the second		Week 5	SUN	MON	TUES	WED	THURS	FRI	SAT
BALANCE Eyes Open /Closed Week 4 Image: Comparison of the second		Week 5	3011						
Minutes: Seconds Week 5 Week 5		Week 5							
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HIP AND KNEE SURGEONS

	PHASE 3: Weeks 7 – 12												
			SUN	MON	TUES	WED	THURS	FRI	SAT				
STRETCHES	Hamstring Stretch	Week 7											
	3 sets: 1 rep	Week 8											
		Week 9											
		Week 10											
		Week 11											
		Week 12											
	Calf Stretch Heel Cord	Week 7											
	3 sets: 1 rep	Week 8											
		Week 9											
		Week 10											
		Week 11											
		Week 12											
	Secondary Calf Stretch	Week 7											
	3 sets: 1 rep	Week 8											
		Week 9											
		Week 10											
		Week 11											
		Week 12											



			SUN	MON	TUES	WED	THURS	FRI	SAT
EXERCISES	Supine Hip Abd / Add	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	Standing Hip Abd / Add	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	Side-lying Hip Abd / Add	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	Mini-Squats	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
		Week 8							
		Week 9							
		Week 12							



			SUN	MON	TUES	WED	THURS	FRI	SAT
EXERCISES	Step-Ups	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	Bridges	Week 7							
	3 sets: 10 reps	Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							



			SUN	MON	TUES	WED	THURS	FRI
ENDURANCE	Treadmill	Week 7						
	Speed: Incline	Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						
	Elliptical	Week 7						
	Speed: Incline	Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						
	Stationary Bicycle	Week 7						
	Speed: Resistance	Week 8						
	Chair Position	Week 9						
		Week 10						
		Week 11						
		Week 12						

			SUN	MON	TUES	WED	THURS	FRI
BALANCE	Eyes Open / Closed	Week 7						
	Minutes: Seconds	Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						

