



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 www.AAHKS.org/HipKnee. 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 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							
	Calf Stretch Heel Cord 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							
	Secondary Calf Stretch 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							

DISCLAIMER

PLEASE USE THE EXERCISES AS A GUIDE AS IT IS ULTIMATELY BETWEEN YOU AND YOUR SURGEON 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.

TOTAL HIP EXERCISE SCHEDULE

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

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

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

TOTAL HIP EXERCISE SCHEDULE

PHASE 2: Weeks 4 – 6

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

TOTAL HIP EXERCISE SCHEDULE

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

TOTAL HIP EXERCISE SCHEDULE

			SUN	MON	TUES	WED	THURS	FRI	SAT
ENDURANCE	Treadmill Speed: Incline	Week 4							
		Week 5							
		Week 6							
	Elliptical Speed: Incline	Week 4							
		Week 5							
		Week 6							
	Stationary Bicycle Speed: Resistance Chair Position	Week 4							
		Week 5							
		Week 6							

			SUN	MON	TUES	WED	THURS	FRI	SAT
BALANCE	Eyes Open /Closed Minutes: Seconds	Week 4							
		Week 5							
		Week 6							

TOTAL HIP EXERCISE SCHEDULE

PHASE 3: Weeks 7 – 12

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

TOTAL HIP EXERCISE SCHEDULE

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

TOTAL HIP EXERCISE SCHEDULE

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

TOTAL HIP EXERCISE SCHEDULE

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

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