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 the 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 _______

Warning: Any resistance product can break or slip from its anchoring point during use if not properly secured. Proper stance and grip are required to safely use resistance bands and avoid loss of balance or injury in the event of breakage or slippage. Wearing eye protection is strongly recommended.

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