



McKenzie
Health

TOTAL HIP REPLACEMENT

Patient Guidebook

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Dr. Joshi has recommended a total hip replacement at this time. The orthopedic staff will get an updated phone number from you and you will receive a phone call within a few working days to schedule your surgery.

- You will also be asked to sign a release of information. Records from other facilities may need to be obtained in order to receive surgical clearance. This is also because your surgery may be at a different site from where your office visit took place and all of these records are needed for continuity of care.
- Once surgery is scheduled, it will be submitted to your insurance company for prior authorization (this process can take up to 15 days for a response).
- The information in this booklet is a resource where you can find general information regarding your surgery and recommendations for pre and post-surgery. Please bring this book with you upon arriving at the hospital on the day of surgery as your orthopedic team may reference points in this book and specify certain areas to meet your needs. If you have more specific questions, please contact your orthopedic staff.

Pre-Operative Checklist

- Schedule any necessary pre-op appointments as directed by pre-op specialist.
 - Primary provider appointment:
 - Specialty provider appointment (if required):
 - Dr. Joshi pre-op appointment (if required):
 - Dentist appointment:
 - Physical therapy appointment:

Day before Surgery/Procedure

- Call 701-444-8744 at least **7 days** before your surgery to discuss if there are any financial obligations. If no answer, leave a message and you will receive a call back.
- The day before surgery, you will get a phone call from the pre-op specialist with specific details regarding when to arrive on the day of surgery, what medications to take, when to eat/drink last, and any other details for the surgery.

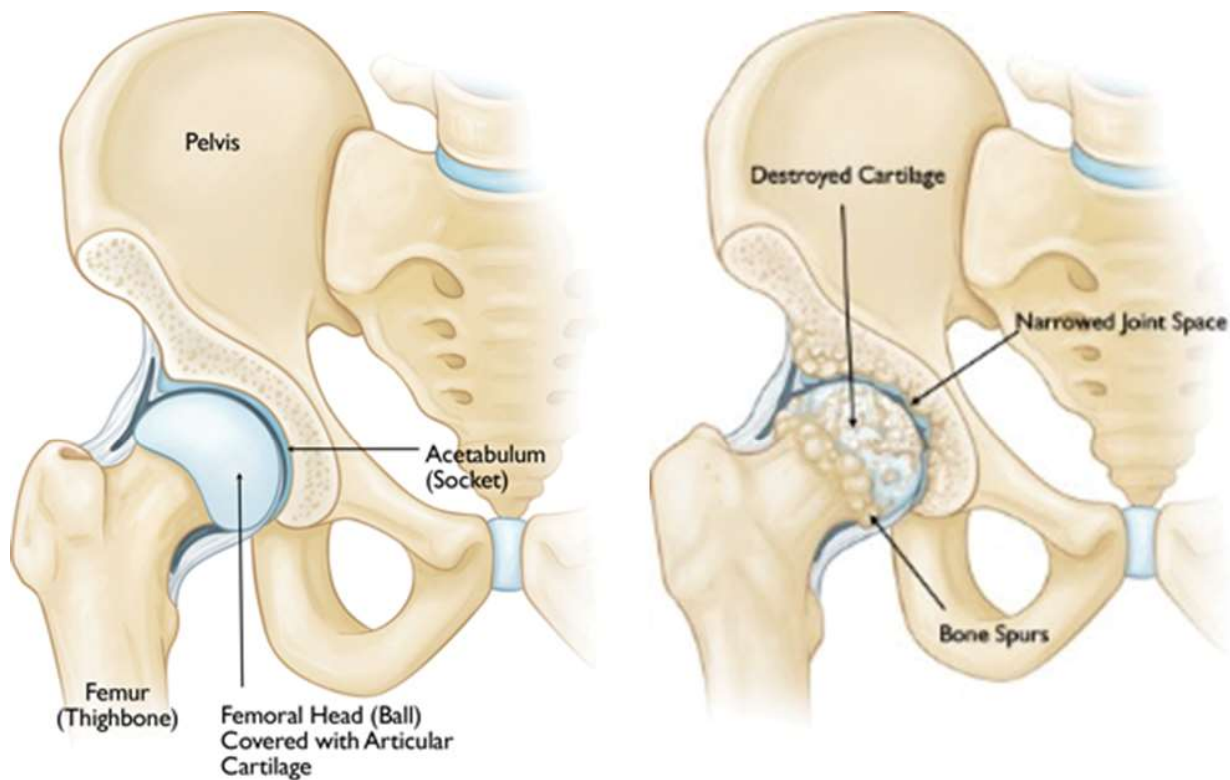
Day of Surgery/Procedure

- Arrive at the designated time for which you are instructed.
- Nothing to eat or drink from midnight the night before unless instructed otherwise.
- Take only the instructed medications with a sip of water.
- Shower the morning of or night before.
- Bring personal items that you need for your hospital stay.
- Bring your ID and insurance card.
- Do not bring valuables to the hospital.
- Wear comfortable, loose fitting clothing the day of surgery.
- No tobacco products can be used the morning of surgery.
- No makeup or fingernail polish to be worn the day of surgery.

Review of Anatomy

Hip Joint

The hip joint is a ball and socket joint (see below). The head of the femur (ball) fits into the acetabulum (socket). Covering the ball and socket is a lining called the synovial membrane which allows the two surfaces to glide without friction during movement. This ball and socket joint is held together with ligaments which allow for extensive movement of the joint.



Common Causes for a Joint Replacement

There can be a number of reasons for a joint replacement. Below are some of the more common causes:

- Osteoarthritis, a degenerative joint disease. (Over time the synovial membrane lining wears away causing pain).
- Injury or trauma from a fall or accident involving the joint.
- Carrying excess body weight may cause more stress on the joint and wear away the lining and cartilage. This, in turn, may decrease mobility and lead to pain in the joints.
- Normal aging will cause wear and tear on the lining and cartilage in the joints.

Pre-Operative Checklist

Contact Your Insurance Company

Your physician's office will work with your insurance company to pre-authorize your surgery. We do recommend contacting your insurance to better understand your benefits and to determine where you would like to go for outpatient therapy.

Pick a Coach

At MCHS, we recommend you choose a “coach” to help you succeed and progress toward rehab goals. The purpose of a coach is to be present throughout your hospital stay to help with follow-through regarding your rehab and to assist with needs at discharge. Sometimes you may not always remember information that you are told after surgery. Your coach will learn your exercises, surgery precautions, and adaptive equipment recommendations to help you succeed.

Nutrition

Adequate nutrition pre and post-surgery is very important to prepare your body for surgery and promote healing after surgery. Your physician will provide recommendations regarding your diet to ensure you are consuming the correct amount of calories from nutrient rich foods.

What to bring with you to the hospital:

- This hip replacement handbook.
- Completed medication list.
- Comfortable, loose fitting clothing, short sleeve shirts.
- Computer, tablet, books, deck of cards, etc.
- Supportive shoes.
- Personal hygiene items.
- Personal walker (if you have your own).

Prepare Your Home for Your Return After Surgery

After you have surgery, you may not have the mobility or feel up to rearranging your home in order to safely access your environment. We recommend making minor adjustments that are listed below, in order to decrease the risk of falls after surgery and improve independence with your daily living tasks.

Living Room/Kitchen/Bedroom

- Remove throw rugs.
- Store items such as dishes or food at waist level so they are easy to reach.
- Prepare extra meals and freeze them prior to surgery in order to have easier meal options upon returning home.
- Think about the chair you will use when you return home, making sure it is a good height to get in and out of. Your therapist will practice this activity with you prior to going home.
- Arrange furniture to ensure a walker can fit appropriately through pathways.
- Keep a phone with you at all times.
- Place a lamp near your bed or where you plan on sleeping.
- Install night lights along the route between the bathroom and bedroom.

Bathroom

- Install grab-bars on the bathroom walls of the shower or bathtub, if you are able.
- Obtain a shower chair, as it will be recommended you sit when you bathe.
- If your toilet is not already a high-rise toilet, use a toilet riser over the toilet commode in order to make it easier for you to stand up from the toilet. Install grab-bars around your toilet.

Additional Tips Prior to Surgery

- Arrange for someone to get your mail while you are in the hospital.
- Arrange for someone to care for your pets.
- Complete laundry and have comfortable clothes ready to use at home.
- Prepare ice packs that will be ready to use at home. A frozen bag of peas works well.
 - Homemade Ice Pack
 - Fill the plastic freezer bag with 1 cup of rubbing alcohol and 2 cups of water.
 - Try to get as much air out of the freezer bag before sealing it shut.
 - Place the bag and its contents inside a second freezer bag to contain any leakage.
 - Leave the bag in the freezer for at least an hour.
 - When it's ready, place a towel between the gel pack and bare skin to avoid burning the skin.

Home Evaluation: Pro-Op Screening

How do you like to be addressed? _____

Date of Surgery: _____

Type of Surgery ☐ Total Hip ☐ Total Knee

Living Situation Today

1. Live: ☐ alone ☐ with family ☐ with spouse ☐ other

2. Live in a: ☐ house ☐ apartment ☐ mobile home

☐ assisted living ☐ other

3. Home is: ☐ one level ☐ split level ☐ 2-story

☐ apartment/elevator ☐ apartment/stairs

4. Number of steps in home: (the steps you will need to use at home after surgery)

(circle one)

Front Steps	# _____	Railing	R	L	Both
Garage Steps	# _____	Railing	R	L	Both
Back Steps	# _____	Railing	R	L	Both
Upstairs	# _____	Railing	R	L	Both
Basement	# _____	Railing	R	L	Both

5. Bathroom has: ☐ tub only ☐ combination tub and shower

☐ walk-in shower ☐ fixed shower head

☐ removable shower head

Tub Height: _____ inches Toilet Height: _____ inches

Is there a bar/support/vanity near the toilet? ☐ Yes ☐ No

Is there a shower curtain or a shower door on the tub or shower?

☐ curtain ☐ door

6. Equipment you currently have or can borrow:

☐ bath bench/seat ☐ commode ☐ non skid bath mat

☐ wall mounted grab bar ☐ tub grab bar ☐ handheld shower hose

☐ elevated toilet seat ☐ reacher ☐ long shoe horn ☐ sock aid

☐ crutches ☐ 4 wheeled walker ☐ walker ☐ cane ☐ walker basket

☐ wheelchair ☐ elastic shoe laces ☐ long handled sponge ☐ none

7. Currently I walk:

☐ alone ☐ with a walker ☐ with a cane ☐ with crutches

☐ outdoors ☐ indoors only ☐ 0-6 blocks

☐ more than 6 blocks

8. Bed is _____ inches from floor to top of mattress. I get out of bed on my:

☐ right side ☐ left side

9. Will walker fit in home pre-op? ☐ yes ☐ no

10. I have the rugs picked up. ☐ yes ☐ no

11. Do you have a chair to use in the home after surgery? ☐ yes ☐ no

Home Management

After surgery who will do or assist with the following activities?

Cooking meals and clean up	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family
Laundry	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family
Shopping	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family
Cleaning	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family
Driving	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family
Yardwork	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse	<input type="checkbox"/> Friend/Family

Are you currently able to dress yourself, including socks and shoes?

☐ yes ☐ no

Are you currently able to bathe or shower by yourself? ☐ yes ☐ no

I have had a previous joint replacement surgery. ☐ yes ☐ no

☐ Total Hip ☐ Total Knee

Besides the joint I am scheduled to have surgery on, I have problems with my:

☐ Other Knee ☐ Other Hip ☐ Shoulder(s) ☐ Hand(s)

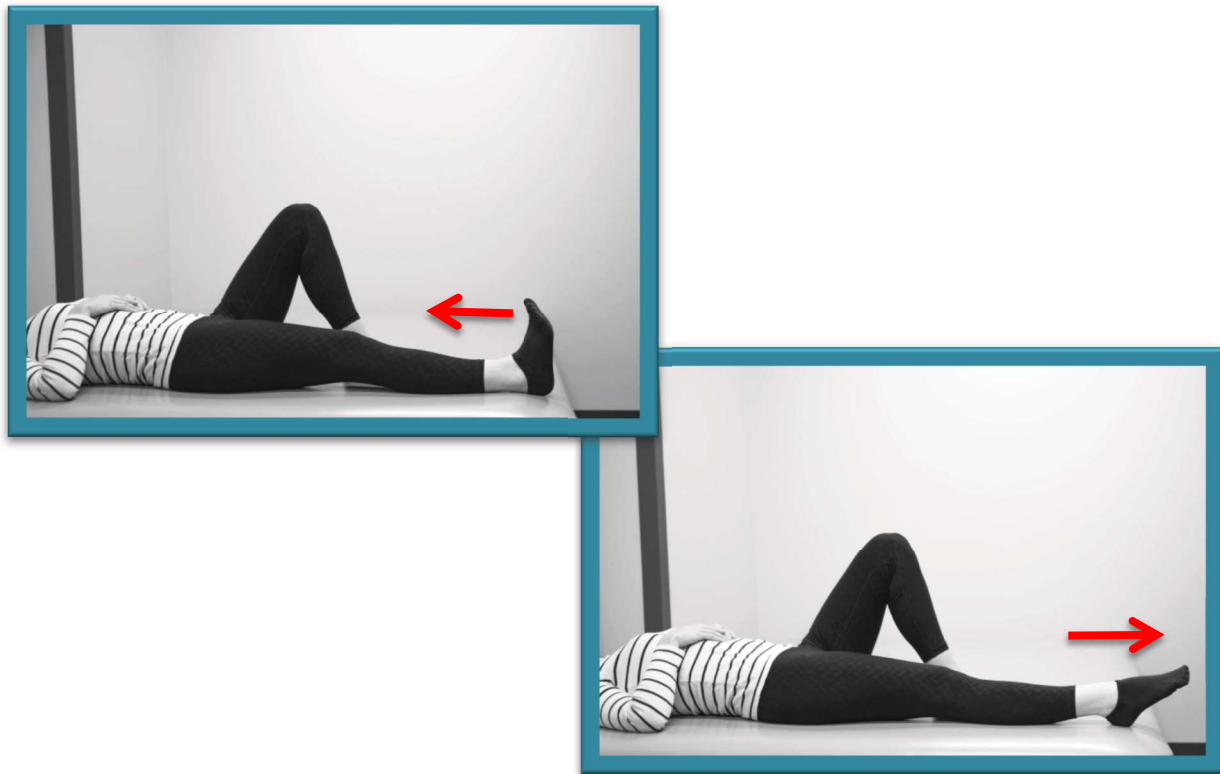
Please provide any additional information you feel we may need to know to best help you with your recovery. _____

Pre-Operative Exercises

Prior to having your surgery, it is important to strengthen your joints. They may have become weaker due to disuse and arthritis. Completing these exercises will help strengthen your joints and also prepare you for the type of exercises you will be completing after surgery. These exercises should be completed once a day, 3 sets of 10 repetitions. Stop doing any of the exercises that become too painful.

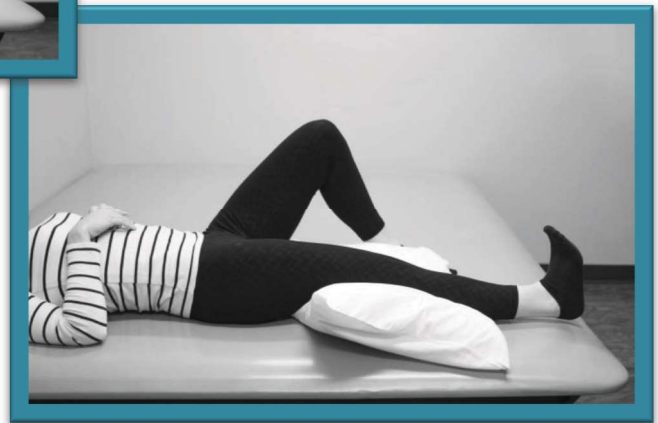
Ankle Pumps

- Move your toes toward you and then push them away.

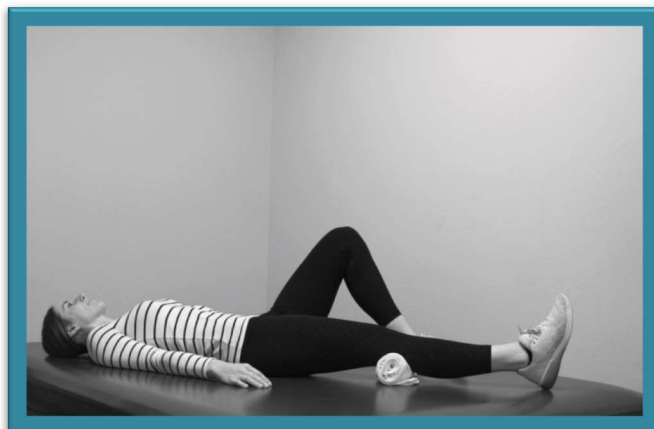


Quad Sets

- Tighten your thigh muscles.
- Try to full straighten your knee and push into the pillow, try to touch the back of your knee to the bed.
- Hold your knee as straight as you can for 5 seconds.



You may also use a rolled up towel to complete this exercise:



Glute Sets

- Squeeze your buttocks together and hold for 5 seconds, do not move any other part of your body.



Sitting Long Arc Quad Extension

- Sitting on the edge of the bed, slowly straighten your leg.



Sitting Hip Flexion

- Sitting on the edge of the bed, keep knee bent and left knee toward the ceiling.



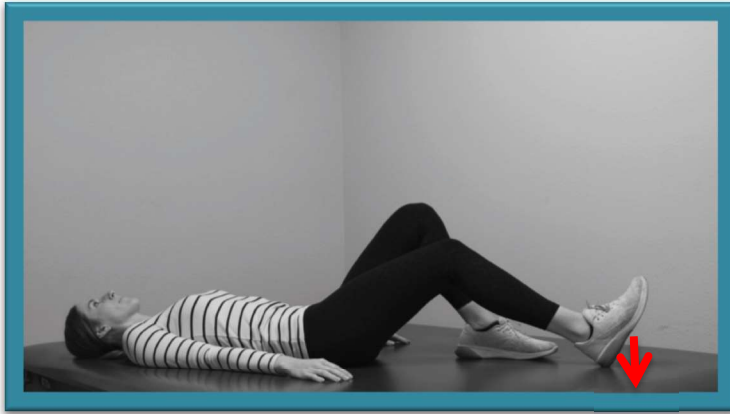
Heel Slides

- Bend your knee and pull your heel toward your buttocks.



Hamstring Sets

- Lie on your back with leg bent slightly at knee.
- Push heel into bed by tightening the muscles of the hamstring.



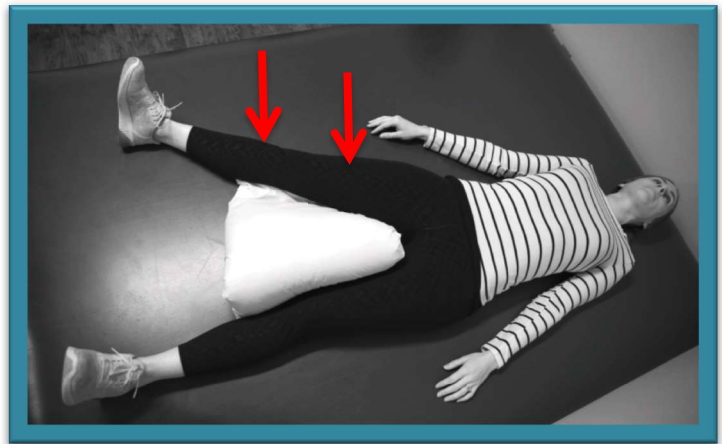
Straight Leg Raises

- Keeping leg straight, slowly lift leg at least 45 degrees.
- Hold for a count of 5 and slowly lower to starting position.



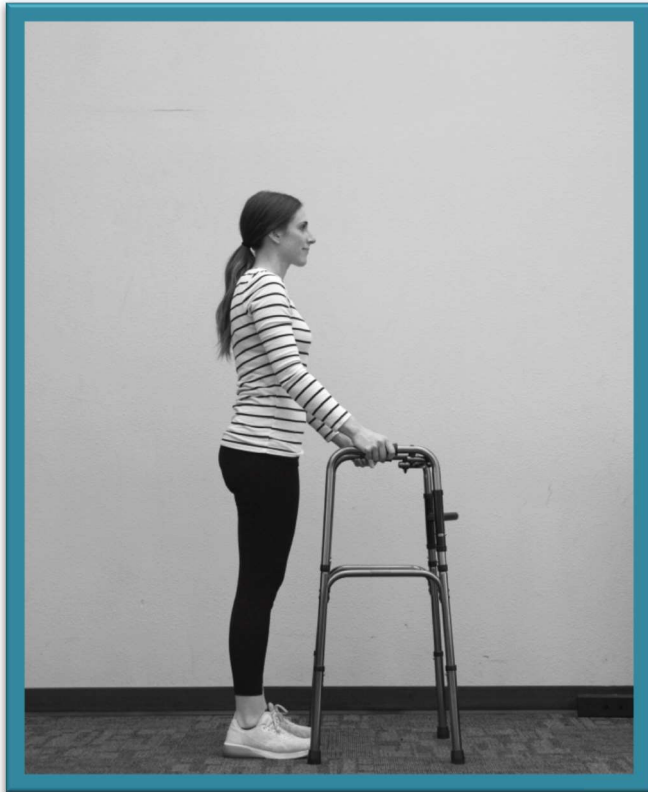
Hip Abduction/Adduction

- Lie on your back with legs straight.
- Slowly slide your leg out to the side, keeping your toes pointed up.
- Then slide your leg back to the middle.



Hip Semi-Squats

- Stand in walker OR at countertop. Bend at the knees and the waist.
- Slowly lower yourself $\frac{1}{4}$ to $\frac{1}{2}$ way down like you're trying to sit down in a chair.



Hip Standing Abduction/Adduction

- While standing in walker OR at countertop, keep leg straight and raise it to the side.



Medication List and Dosages/Anticoagulation Therapy

- Continue with all current medications unless otherwise specified by the orthopedic specialist.
- Post-operative anticoagulation therapy guidelines will be individually-based on each patient's medical stay, co-morbidities, and risk factors.

Day of Surgery

You will work with your therapists the day of surgery!

Early movement is very important in your rehab process. This relies heavily on you, the patient. The hospital staff will assist you with this, but ultimately your motivation and drive to participate will guide your success.

The goals for rehabilitation while you are in the hospital are simple:

- Be independent with your total joint replacement precautions.
- Get in and out of bed safely with minimal to no assistance.
- Go to the restroom by yourself.
- Walk safely with a walker.
- Dress yourself with minimal assistance.
- Go and up and down stairs with minimal assistance.
- Ensure you are prepared for a safe discharge to your home environment, and you have obtained the necessary adaptive equipment.

Post-Operative Exercises

Day 0

Your goal is to perform 20 repetitions of all the exercises listed below. In addition, you should perform 10 repetitions of the quad sets, hamstring sets, and ankle pumps every hour:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion

Rehabilitation After Surgery

Day 1

Your goal is to perform 30 repetitions of all the exercises listed below:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion
- Sitting Hip Flexion

Day 2

Your goal is to perform 40 repetitions of all the exercises listed below:

- Ankle Pumps
- Quad Sets
- Hamstring Sets
- Straight Leg Raises
- Hip Abduction/Adduction
- Sitting Long Arc Quad Extension/Knee Flexion
- Sitting Hip Flexion

Incentive Spirometer

After surgery, while in the hospital, you tend to take decreased breaths and are more likely to be laying flat than sitting upright. Because of this, it is very important to use your incentive spirometer that will be provided to you to complete deep breathing exercises. Your respiratory therapist or nurse will provide education on the use of the incentive spirometer. You should use the incentive spirometer on your own to assist in your recovery.

1. The pointer will be set up by your respiratory therapist for the appropriate volume.
2. Hold the spirometer upright.
3. Breathe out normally. Place your lips tightly around the mouthpiece.
4. Breathe in through your mouth slowly until the piston reaches the pointer.
5. Hold your breath for 3 seconds.
6. Remove the mouthpiece and breathe out through your nose.
7. Repeat steps 2-6, 15 times.

****Remember to cough when have finished all of your breaths.**

Tips for Spirometer Use

- You cannot hurt yourself if you use your spirometer as often as every hour.
- Your physician has ordered the spirometer to help prevent pneumonia.
- ALWAYS sit upright to use your spirometer to allow for maximum expansion of the diaphragm (your breathing muscle).

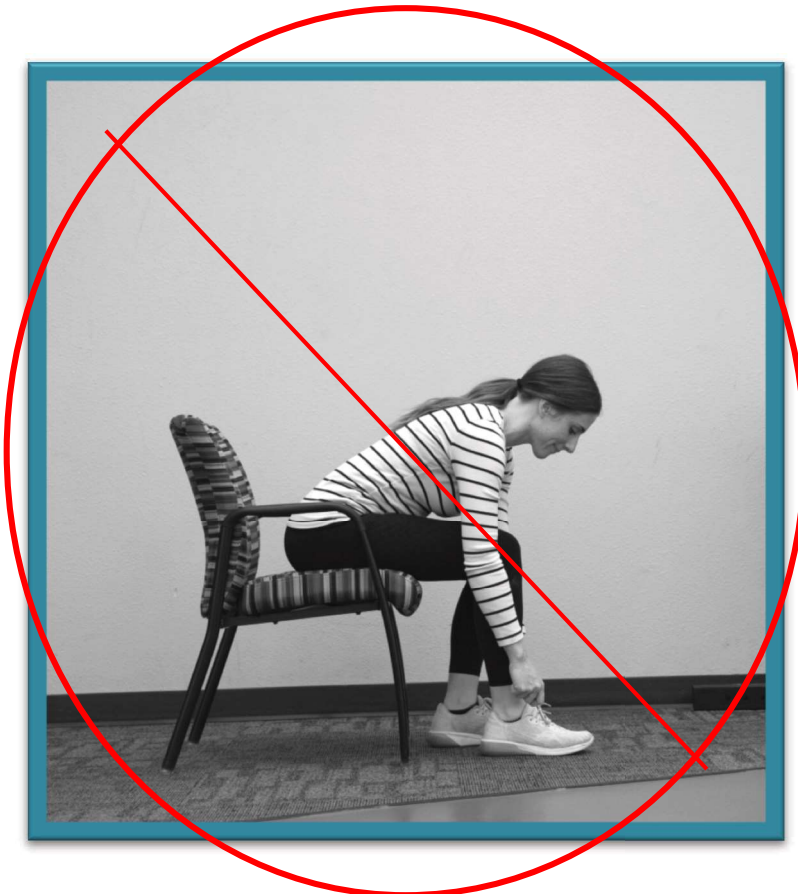
Precautions After Total Hip Joint Replacement

The following precautions are to be followed after your hip surgery to decrease risk of dislocation. Your surgeon will inform you when you no longer have to follow these precautions. Please follow the appropriate precautions for your type of surgery.

- ☐ Anterior Approach
- ☐ Posterior Approach

Posterior Approach Precautions

DO NOT lean forward past 90 degrees (putting on socks/shoes, picking an item up off the floor).



DO NOT cross legs or ankles.



DO NOT twist or pivot on surgical leg.



Anterior Approach Precautions

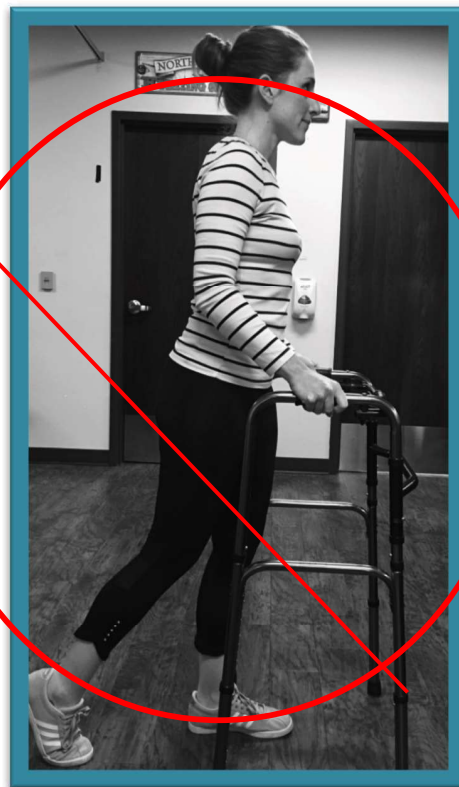
DO NOT cross legs or ankles.



DO NOT turn foot outward.



DO NOT step backward with surgical leg.



Frequently Asked Questions/Additional Things to Remember

How long will I be in the hospital after my surgery?

Every patient is different, but on average, usually 1-3 days.

How long will it be before I can return to my normal activities?

This depends on several factors including, but not limited to, your medical history, age, and compliance with the rehab process. On average, it could take 2 to 3 months before you resume normal activities.

Will I need special equipment at home?

The therapy team and our discharge planner will work with you and your family to locate any adaptive equipment that is needed after your discharge from the hospital. The most common equipment required is a raised toilet seat, walker, and a reacher.

When can I drive?

Every patient is different; it is recommended that you discuss this with your surgeon.

Additional Things to Remember

If going to the dentist or having a medical procedure performed:

When undergoing dental procedures, other than routine examination or cleaning, it is recommended you have an antibiotic prior to the dental procedure. Be sure to tell your dentist about your joint procedure so they can proceed per their protocol. Antibiotics are required for any type of dental extractions, root canals, or anything where there is a break in the surface of the skin.

*** Antibiotics should also be taken for colonoscopies and any other major or minor procedures.**

Discharge Planning

Our discharge planners are here to coordinate and assist with you and your family regarding any questions that may arise. They will work closely with you to ensure a safe and smooth discharge plan.

Following a successful total hip replacement, our goal is for you to be discharged from the hospital to your home in 1-3 days after your surgery. Prior to surgery date, it is very important to make arrangements for someone to be able to stay with you to help you with tasks such as meal prep and bathing. This may be your “coach” that we discussed earlier. It is important to plan for this person to be with you until you feel safe and comfortable to complete daily tasks safely.

Discharging Directly to Home

Arrangements must be made for someone to drive you home upon discharge. You will need to contact an outpatient physical therapist to set up therapy appointments. You may start out seeing your therapist 2 times a week. It will be important to have someone available to take you to these appointments.

Discharging to a Facility

The decision to go to a facility, such as a skilled nursing home, is made by you, your surgeon, and your insurance provider. If it is determined that going to a facility is the best option for you, pending insurance approval, you will be discharged to a skilled nursing home for continued rehabilitation and nursing care. Our discharge planners will work closely with you to determine the best option, depending on where you live.

Total Hip Post-Operative Exercises

These exercises are what you will be completing to help in your recovery. Your physical therapist will provide instruction and answer any questions. The record-keeper and pictures will assist in your accountability to complete the exercises as instructed.

Week One

Date:

Exercises: (record reps AM/PM)

Long Arc Quad	/	/	/	/	/	/	/
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Place ____ pound weight on surgical ankle and straighten knee fully. Pause and lower slowly.

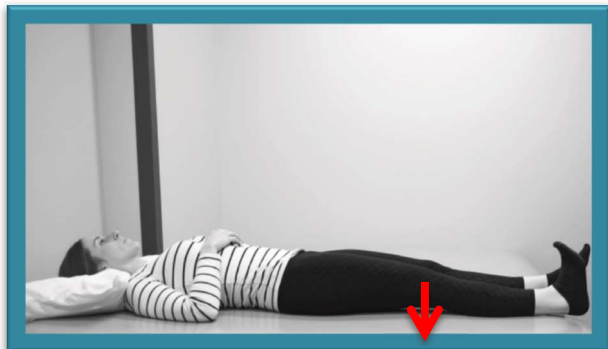
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Quad Sets

/	/	/	/	/	/	/
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Lie on your back with affected leg straight. Press the back of your affected knee downward by tightening the thigh muscle. Hold 5 seconds.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Short Arc Quads

/	/	/	/	/	/	/
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Lie on your back with roll under your affected leg. Raise heel off of bed until knee is straight. Pause and slowly lower.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Heel Slides

/	/	/	/	/	/	/
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Lie flat on back, slide surgical heel toward buttocks and bend the knee. Hold 3-5 seconds and slowly slide leg back to starting position.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Ankle Pumps

/	/	/	/	/	/	/
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Move your toes toward you and then push them away.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Gluteal Sets	/	/	/	/	/	/	/
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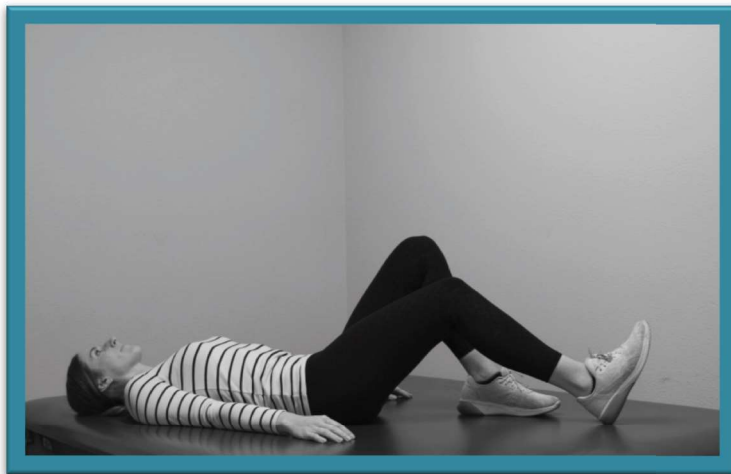
Squeeze your buttocks together and hold for 5 seconds, do not move any other part of your body.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hamstring Set	/	/	/	/	/	/	/
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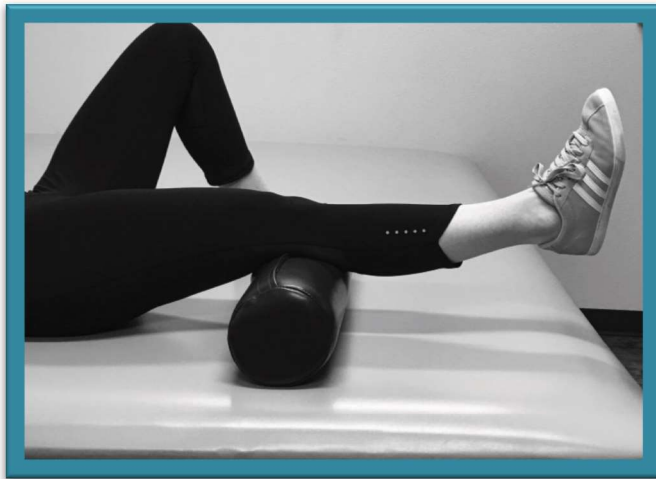
Lie on your back with leg bent slightly at the knee. Push heel into bed by tightening the muscles of your hamstring.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Terminal Knee Extension	/	/	/	/	/	/	/
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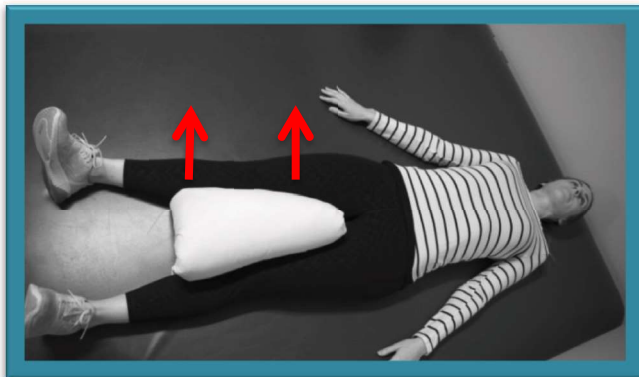
With surgical knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hip Abduction/Adduction	/	/	/	/	/	/	/
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Bring surgical leg out to side and return. Keep knee straight.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Week 2

Long Arc Quad

/	/	/	/	/	/	/
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Place ____ pound weight on surgical ankle and straighten knee fully. Pause and lower slowly.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Quad Sets

/	/	/	/	/	/	/
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Lie on your back with affected leg straight. Press the back of your affected knee downward by tightening the thigh muscle. Hold 5 seconds.

Perform: 10, 15, 20, 25, 30

(PT circle one)

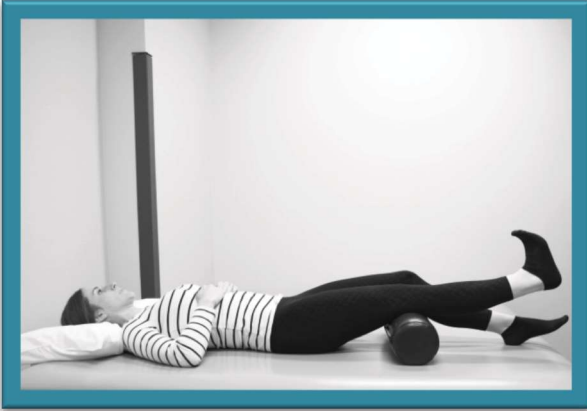
Exercise Feedback:

Short Arc Quads	/	/	/	/	/	/	/
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Lie on your back with roll under your affected leg. Raise heel off of bed until knee is straight. Pause and slowly lower.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Heel Slides	/	/	/	/	/	/	/
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Lie flat on back, slide surgical heel toward buttocks and bend the knee. Hold 3-5 seconds and slowly slide leg back to starting position.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Ankle Pumps

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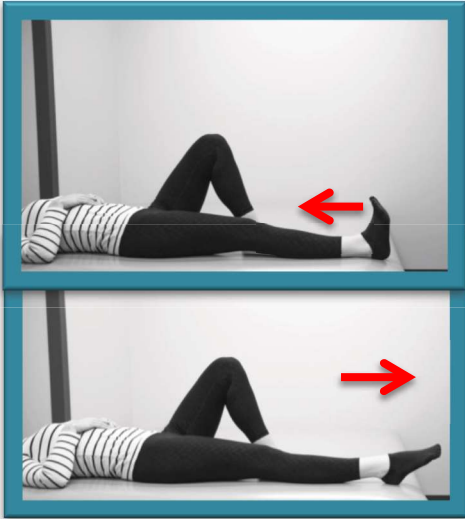
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Move your toes toward you and then push them away.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Gluteal Sets

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Squeeze your buttocks together and hold for 5 seconds. Do not move any other part of your body.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hamstring Set	/	/	/	/	/	/	/
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Lie on your back with leg bent slightly at the knee. Push heel into bed by tightening the muscles of your hamstring.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Terminal Knee Extension	/	/	/	/	/	/	/
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With surgical knee over bolster, straighten knee by tightening muscles on top of thigh. Keep bottom of knee on bolster.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hip Abduction/Adduction

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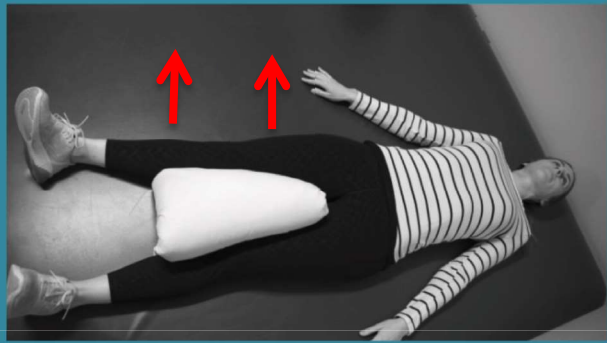
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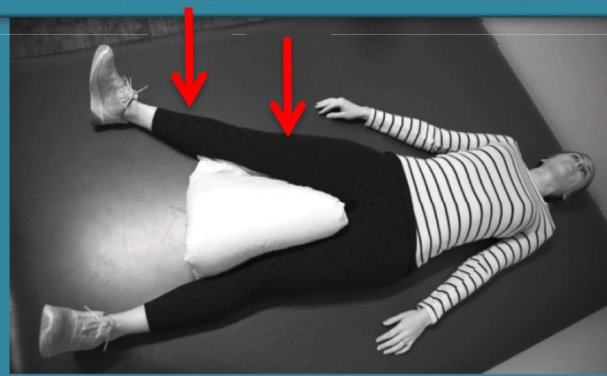
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Bring surgical leg out to side and return. Keep knee straight.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Hamstring Curl

/	/	/	/	/	/	/
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Place a ____ pound weight around the surgical ankle. Hold a chair for balance, slowly bend knee up. Pause and return slowly.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Abduction

/	/	/	/	/	/	/
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Hold a chair for balance, keep legs shoulder width apart and toes pointed forward. Kick leg out to the side, keeping knee straight. Do not lean. Repeat using other leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Extension

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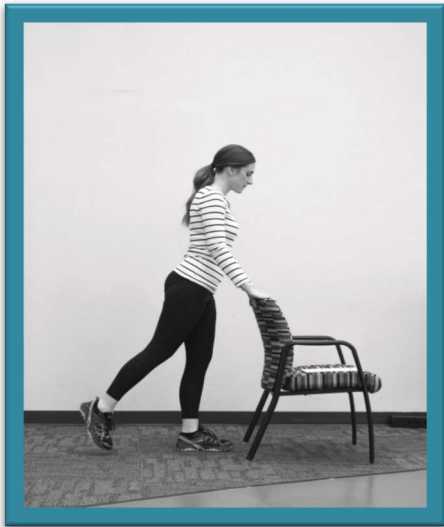
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Hold a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward. Repeat using other leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Mini Squat

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Place ____ pound weight on surgical ankle and straighten knee fully. Pause and lower slowly.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Week 3

Straight Leg Raise

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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

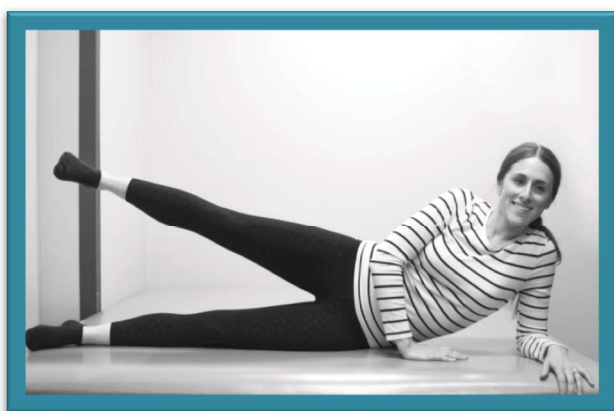
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
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Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Abduction

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Hold a chair for balance, keep legs shoulder width apart and toes pointed forward. Kick leg out to the side, keeping knee straight. Do not lean. Repeat using other leg.

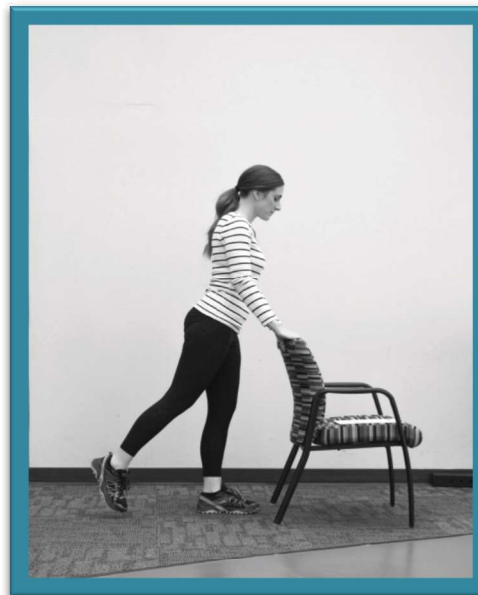
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Standing Hip Extension

/	/	/	/	/	/	/
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Hold a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back, keeping knee straight. Do not lean forward. Repeat using other leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Hamstring Curl

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Place a _____ pound weight around the surgical ankle. Hold a chair for balance, slowly bend knee up. Pause and return slowly.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Mini Squat

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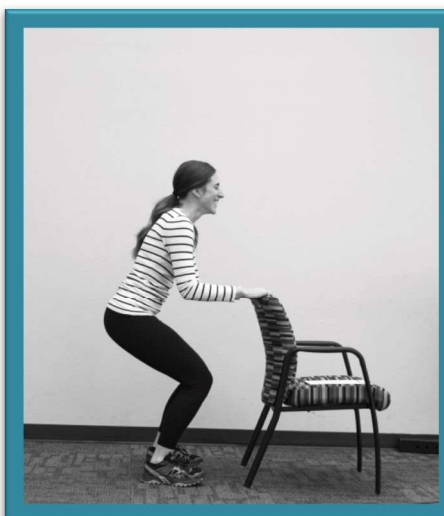
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Holding onto sturdy surface such as countertop or heavy chair, slowly bend your knees then return to standing position.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance with Support

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Hold chair for support. Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30

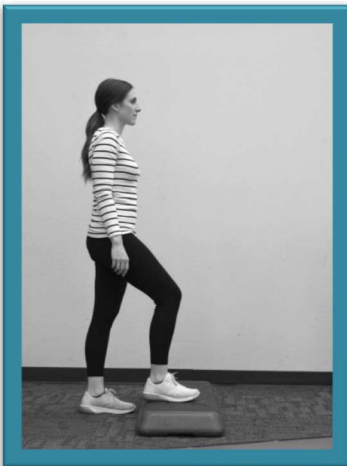
(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (2-4")

/	/	/	/	/	/	/
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Step up with affected foot, then the other.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Sit to Stands

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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.

Perform: 10, 15, 20, 25, 30



(PT circle one)

Exercise Feedback:

Bridging

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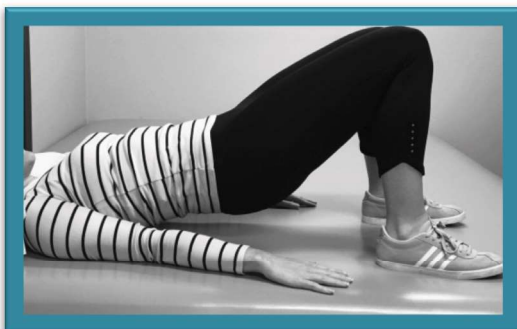
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Begin with both knees bent to a comfortable position, squeeze your buttock muscles and slowly lift your hips up 1-3 inches off of the bed. Slowly lower your hips to the starting position.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Week 4

Sit to Stands

/	/	/	/	/	/	/
---	---	---	---	---	---	---



(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.



Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
---	---	---	---	---	---	---



Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise

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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support

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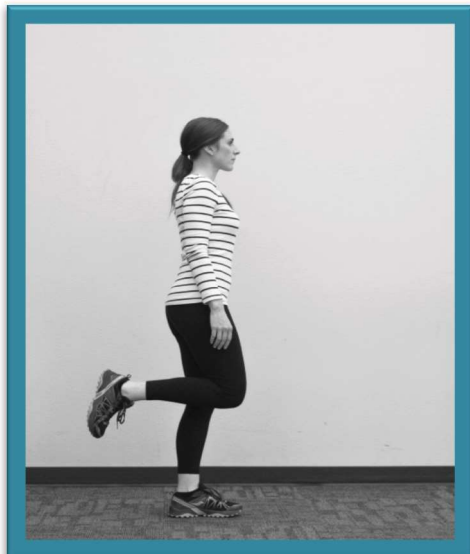
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Stand on one leg in neutral spine holding support.

Hold for 10, 15, 20, 25, 30

(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (4-6")

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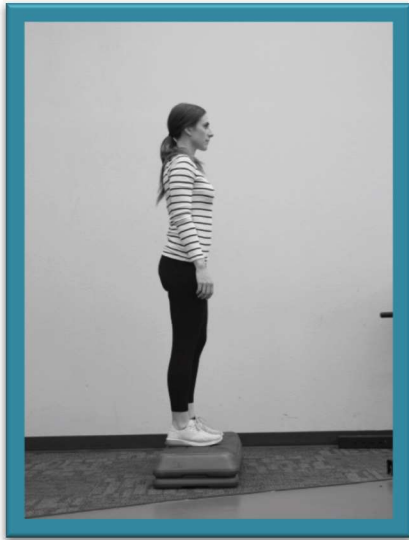
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Step up with affected foot, then the other.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Week 5

Sit to Stands

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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.



Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
---	---	---	---	---	---	---



Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise

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Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

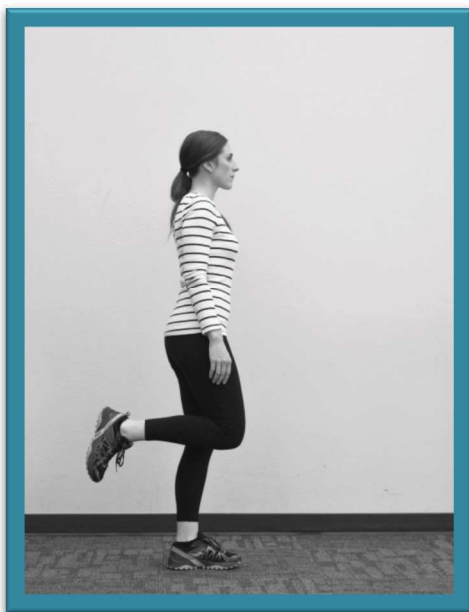
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support

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Stand on one leg in neutral spine holding support.

Hold for 10 sec, 15 sec, 20 sec, 25 sec, 30 sec
(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (6-8")

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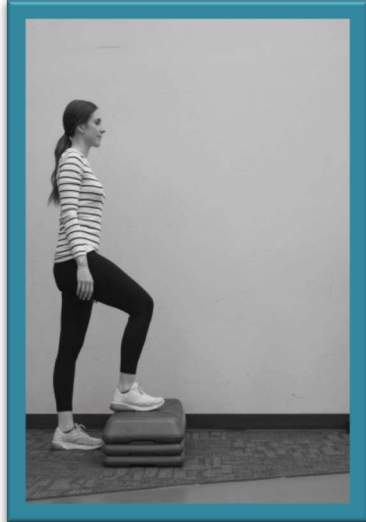
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Step up with affected foot, then the other.

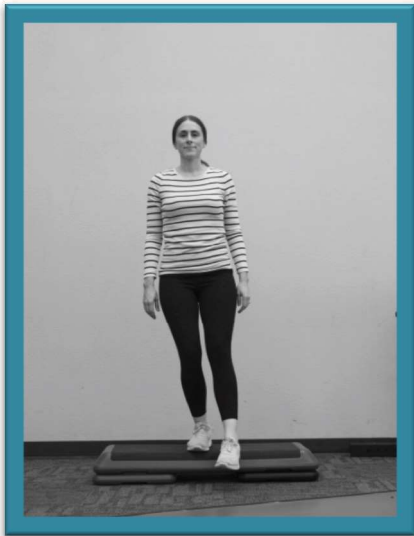
Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:



Step Down (4-6")	/	/	/	/	/	/	/
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Step down with non-surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Side Step (4-6")	/	/	/	/	/	/	/
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Step up with surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

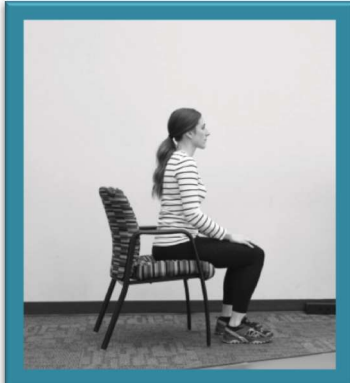


Exercise Feedback:

Week 6

Sit to Stands

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(Goal: elevated height/may use chair arms as needed)

Sit on edge of elevated chair, feet flat on floor. Stand upright, extending knees fully. May use chair arms as needed.



Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Side-Lying Hip Abduction

/	/	/	/	/	/	/
---	---	---	---	---	---	---



Lay on non-affected side. Tighten muscles on front of affected thigh, then lift leg upward from the surface, keeping knee locked and leg in line with trunk.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Straight Leg Raise	/	/	/	/	/	/	/
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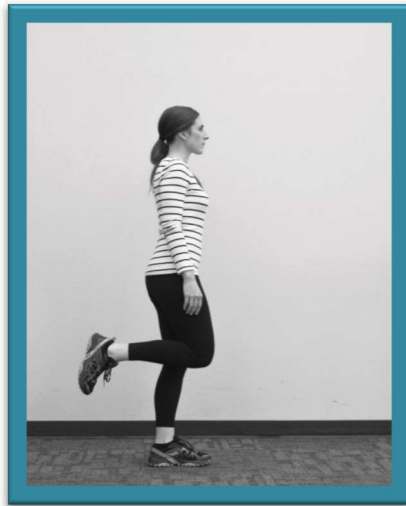
Bend the knee of your non-affected leg. Tighten the thigh muscle of your affected leg. Point your toes up to the ceiling and lift your affected leg straight up. Slowly lower your leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Single Leg Stance Without Support	/	/	/	/	/	/	/
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Stand on one leg in neutral spine holding support.

Hold for 10 sec, 15 sec, 20 sec, 25 sec, 30 sec

(PT circle one)

Perform 2-3 reps

Exercise Feedback:

Step Up (6-8")

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Step up with surgical leg, then the other.

Perform: 10, 15, 20, 25, 30

(PT circle one)



Exercise Feedback:

Step Up (6-8")

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Step down with non-surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:

Lateral Step (6-8")

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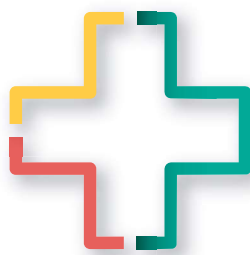
Step up with surgical leg.

Perform: 10, 15, 20, 25, 30

(PT circle one)

Exercise Feedback:





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