

## Total Hip Arthroplasty Exercises - Physiotherapy

### 1) ANKLE PUMPS

Bend ankles up and down, alternating feet.  
REPEAT: 10 Times, 3 Times per day



### 2) QUAD SETS

Slowly tighten muscles on thigh of straight leg, while counting to 10 out loud.  
REPEAT: 10 Times, 3 Times per day



### 3) GLUTEAL SQUEEZES

Squeeze buttock muscles as tightly as possible, while counting out loud for 10 seconds.  
REPEAT: 10 Times, 3 Times per day



#### 4) SHORT ARC QUADS

Place a large can or rolled towel under leg. Bend ankle up and lift foot to straighten knee. Hold 5 seconds.

REPEAT: 10 Times, 3 Times per day



#### 5) KNEE BENDS

Gently bend one knee up as far as possible, keeping foot on bed.

REPEAT: 10 Times, 3 Times per day



#### 6) ABDUCTION

Slide one leg out to the side, keep kneecap pointing toward ceiling. Gently bring leg back.

REPEAT: 10 Times, 3 Times per day

