

Total Hip Arthroplasty Pre-Op Exercises

Isometric Hip Abduction & Adduction



Lay on your back with your knees bent.

Place a strap/belt around your knee (something without give), push your knees out against the belt. Relax. Repeat.

Take the strap off. Put a pillow or ball between your legs and push. Relax. Repeat.

Supine Clamshell



Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart.

Side Lying Clamshell



While lying on your side with your knees bent and an elastic band wrapped around your knees, draw up the top knee while keeping contact of your feet together as shown.

Do not let your pelvis roll back during the lifting movement.

Bridging Elastic Band Abduction



While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks, and raise your buttocks off the floor/bed as creating a bridge with your body.

Sit to Stand



Start by scooting close to the front of the chair. Next, lean forward at your trunk and reach forward with your arms and rise to standing without using your hands to push off from the chair or similar object.

Wall Squats



Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

Your knees should bend in line with your second toe and not pass the front of the foot.

Side Steps



Place a looped elastic band around both ankles. Next, bend your knees and step to the side while keeping tension on the band the entire time.

After taking steps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.