

# Bronson Joint Replacement Program

## Posterior Hip Exercises

### Exercise Program

These exercises can also be done before your surgery. The more you do them before surgery, the better your body will remember how to do them after surgery.

You should complete approximately 5-10 minutes of exercise per hour followed by rest for the remainder of the hour. You will need to rotate which exercises you do. Try to complete 5-10 repetitions of each exercise, at least three times per day. Our goal is for you to exercise frequently throughout the day for short amounts of time.

### Exercise Video

You can watch a video of these exercises. Follow the link below or use your phone to capture the QR code to the right.

<https://www.bronsonhealth.com/services/orthopedics-sports-medicine/education/posterior-hip-surgery/>



### Supine Exercises (on your back)



#### 1. Ankle Pumps

Lie on your back with your leg straight. Gently bend and straighten your ankle. Be sure to move through your full range of motion (go as far as you can).



#### 2. Gluteal Sets

Lie on your back with your legs straight. Squeeze your buttocks together. Hold 5-10 seconds. Be careful not to hold your breath.

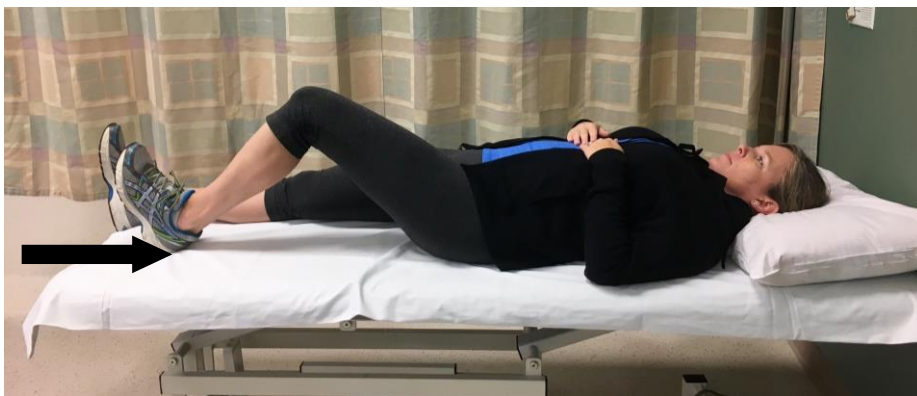
### 3. Thomas Test Stretch: Stretching Hip Flexors on Operative Leg

Lie on your back with the bed 100% flat. The knee on the non-operative leg is pulled to the chest and held for five seconds while you stretch the operative leg flat.

**Caution:** Never pull the operative leg to the chest.

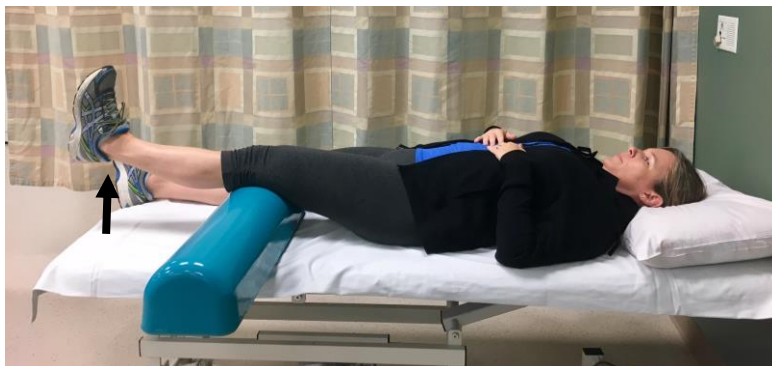


**Please Note:** It is also important to spend some time laying on your back with the bed flat to minimize hip muscle tightness. This should be done multiple times per day.



### 3. Heel Slides

Lie on your back with your legs straight. Slide the heel of your operative hip towards your buttocks and bend your knee. Return slowly to the start position. Be sure not to bend your hip more than 90 degrees. If necessary, place a cookie sheet under your foot to reduce friction.



### 4. Short Arc Quads (SAQ)

Lie on your back with the knee of your operative leg bent over a bolster or towel roll. Slowly straighten your knee by tightening the muscles on the front of your thigh. Be sure to keep the knee resting on the bolster throughout the exercise.

**Please Note:** Do not let your foot drop down to the bed. Control the leg by lowering it slowly.

## Standing Exercises



### **6. Standing Hip Extension**

Holding onto either your walker or a firm surface, kick your operative leg backwards.



### **7. Hip Side-Kicking (Abduction)**

Holding onto either your walker or a firm surface, kick your operative leg to the side.

### **If you have any questions, call:**

Bronson Methodist Hospital -- 855-618-2676

Bronson LakeView Hospital -- 855-618-2676

Bronson Battle Creek Hospital -- 877-704-3133