



LIVEWELL HEALTH

your partner in successful aging

PRE & POST HIP REPLACEMENT

IN COLLABORATION WITH

VALD HEALTH

AROM hip abduction in supine

Exercise Details

Sets 3

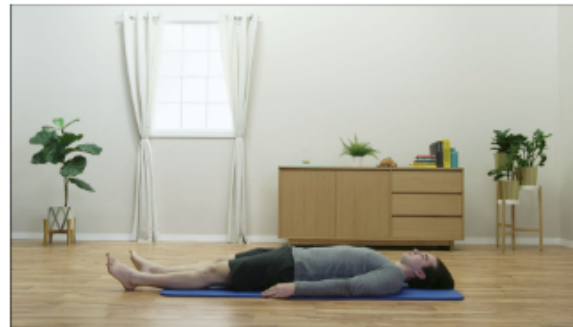
Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your hands relaxed by your sides. Slowly lift your leg slightly off the floor and bring it out away from your other leg to complete the exercise. Remember to keep your knee facing the ceiling throughout the exercise.

[See Less](#)



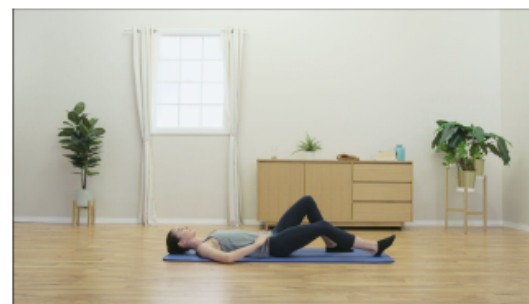
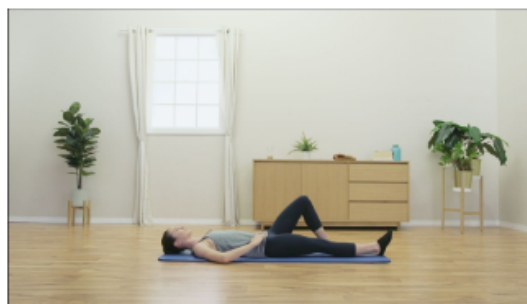
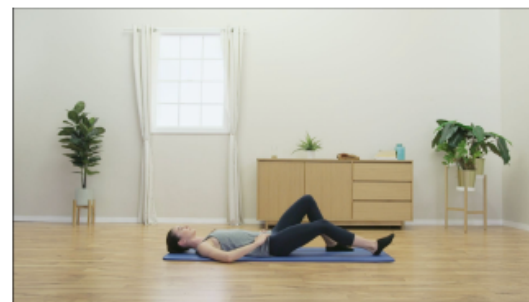
Single leg slides in supine

Exercise Details

Sets	3
Reps	10
Rest Duration	60 seconds

Follow directions from your treating practitioner about how far you should bend your hip and knee

Start by lying on your back with your knees bent and your feet flat on the floor. Keeping your hips pointed towards the ceiling, slowly slide one leg out until your leg straightens. Then slide your leg in to complete the exercise. Remember to keep your heel on the floor throughout the exercise. [See Less](#)

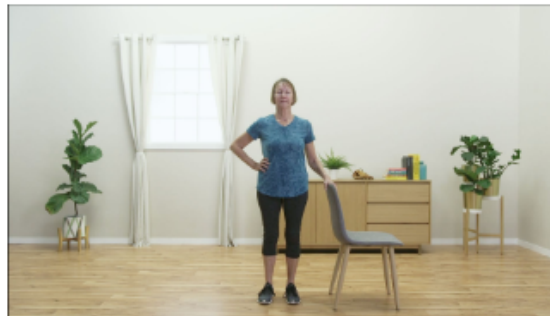


Hip extensions in standing with support

Exercise Details

Sets	3
Reps	10
Rest Duration	60 seconds
No notes	

Start by standing with your feet hip width apart, head up and chest tall, with one hand resting on the chair, and your other hand on your hip. Shift your weight to one leg and lift your other leg just off the ground. Keeping your leg straight, move your leg backwards in a straight line, and then bring it back forwards to complete the exercise. Remember to keep your leg straight and avoid arching your back throughout the exercise. [See Less](#)



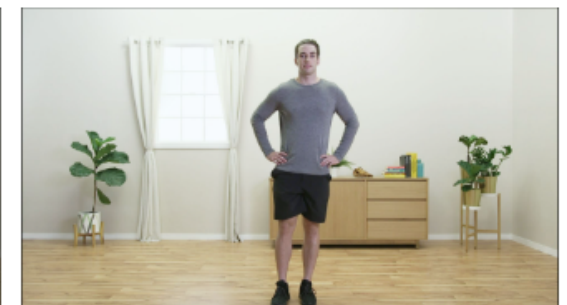
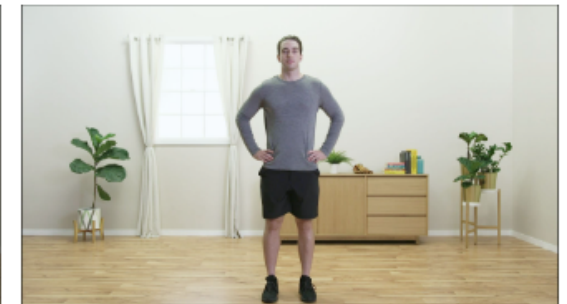
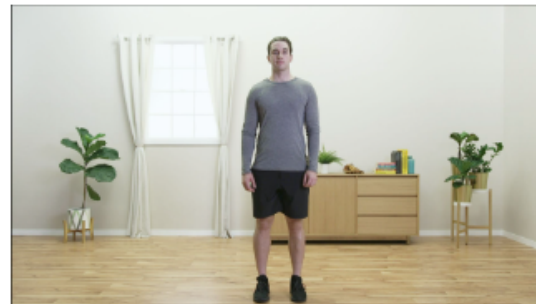
AROM hip flexion (in standing)

Exercise Details

Sets	3
Reps	10
Rest Duration	60 seconds

For Hip Replacements: DO NOT GO PAST 90 degrees unless informed otherwise

Start by standing with your feet hip width apart, head up, chest tall and your hands on your hips. Shift your weight to one leg and lift your other foot just off the floor. Keeping your chest and leg straight, lift your leg out in front of you, and then lower your leg back down to complete the exercise. Remember to keep your chest straight throughout the exercise. [See Less](#)



Hip abduction in standing with support

Exercise Details

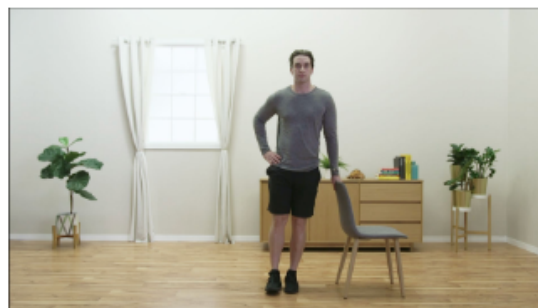
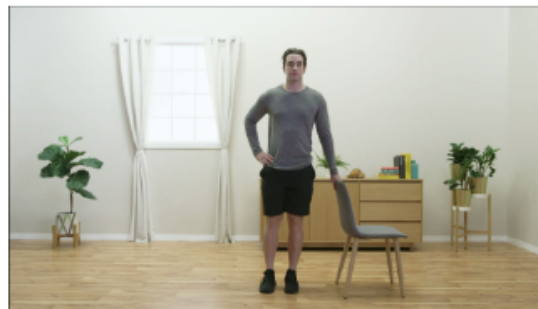
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your feet hip width apart, head up, chest tall, with one hand on your hip and your other hand resting on the chair. Shift your weight to one leg and lift your other foot just off the floor. Keeping your chest straight, move your leg out to the side then bring your leg back in to your other foot to complete the exercise. Remember to focus on moving your leg only throughout the exercise. [See Less](#)



Bridge

Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent, feet flat on the floor and your arms resting by your sides with your palms facing down. Engage your core and gently draw up your pelvic floor. Slowly extend your hips up, aiming to form a straight line from your knees to your shoulders. Hold this position for the prescribed time and then lower yourself down to complete the exercise. Remember to keep your head and shoulders on the ground throughout the exercise. [See Less](#)



Calf raise with support

Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing behind the chair with your feet shoulder width apart, head up, chest tall and your hands resting on the chair. Keeping your legs straight, rise up on to your toes, then lower your heels back down to complete the exercise. Remember to keep your head up and leg straight throughout the movement. [See Less](#)



Quarter depth squat (arms across chest)

Exercise Details

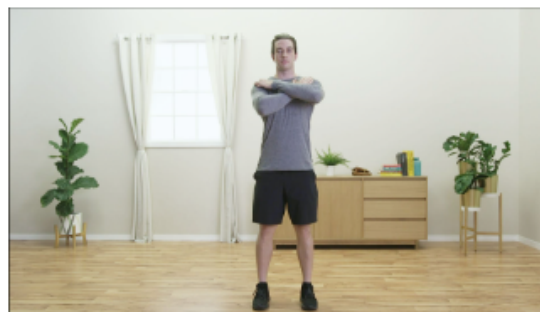
Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing with your feet shoulder width apart, head up, chest tall and your arms across your chest. Bend down into a quarter depth squat, keeping your knees in line with your toes, and then push through your heels to stand back up to complete the exercise. Remember to keep your weight through your heels and chest up throughout the exercise. [See Less](#)



Step ups

Exercise Details

Sets 3

Reps 10

Rest Duration 60 seconds

No notes

Start by standing behind a step, with your hands on your hips, head up and chest tall. Transfer your weight and raise your leg up and place your foot on to the step. Then step up by pushing through your foot. Bring up your other leg up to the step and stand tall to complete the exercise. Remember to keep your knees in line with your toes throughout the exercise.

[See Less](#)

