

Total Hip Replacement Exercise Guide

Following your total hip arthroplasty, Dr. Chaudhary recommends rest, walking, and a home exercise program.

Self-directed therapy has been found to be successful in restoring function to patients undergoing total hip arthroplasty.

During your recovery, regular exercise to restore mobility and strength in addition to a gradual return to everyday activities is important to your overall recovery. Throughout the entire recovery process it is important to listen to your body. If a particular exercise or movement elicits pain, further rest is necessary in the healing process.

Exercises

Exercises will help increase circulation and help strengthen your muscles and improve hip movement. Start the exercises as soon as you are able. You may feel uncomfortable at first but these exercises will help speed your recovery and diminish post-operative pain.

Attached is list of recommended exercises.

Walking

Proper walking is the best way to help your hip recover. At first you will walk with a walker or crutches.

When you can walk and stand for more than 10 minutes and your leg is strong enough so that you are not carrying any weight on walker or crutches, you can begin using a single crutch or cane. Hold the assistance device in the hand opposite the side of surgery.