Total Hip Replacement: Anterior Approach

Total Hip Replacement surgery can be performed in a number of ways. Your surgeon will decide the best approach for your specific case. You will know which approach you had based on the location of your scar. For an anterior approach the incision and dressing will be located over the front of your hip.

**Exercises:**
The following exercises are examples of exercises you might perform after your Total Hip Replacement and will continue once you get home. We recommend practicing these prior to your surgery to familiarize yourself with them IF approved by your care team. Your care team will have guidance on exercises that can be added as part of your program.

- **Ankle Pumps**
  Gently pull toes up towards your knees and then point towards the floor. Do both ankles (can be done with legs elevated).
  
  Reps: ________  Sets: ________

- **Quad Sets (knee push downs)**
  In bed, slowly tighten front thigh muscles (quadriceps) while pushing the knee down into surface. Do not push down with your heel. Remember to breathe.
  
  Reps: ________  Sets: ________

- **Gluteal Sets**
  Squeeze buttocks together as tightly as possible and hold for ________ seconds.
  
  Reps: ________  Sets: ________

- **Hip Abduction and Adduction**
  Slide leg out to the side. Gently slide back to midline. Keep leg straight and toes pointing upward. Do slowly.
  
  Reps: ________  Sets: ________
**Marching**
Stand holding on to a support surface (walker, counter, sturdy chair).
Bring one knee up as if marching or lifting on to a high step.
Alternate between operative and non-operative leg as tolerated/allowed by weight bearing.
Reps:_________  Sets:________

**Mini-Squats**
Stand holding on to a support surface (walker, counter, sturdy chair).
Keep feet flat on the floor, slowly bend knees/hips as if starting to sit, only going down about halfway into a squat position.
Return to full standing position.
Reps:_________  Sets:________

**Side Stepping**
Start in neutral, step leg out to side, then return to neutral. Alternate legs.
Reps:_________  Sets:________
Precautions
It is our hope for you to get the most out of your new hip. After an anterior Total Hip Replacement, precautions (things you should avoid) are very few and are ultimately up to your surgeon. The following are common movements/positions you may want to avoid until cleared by your surgeon:

- Don’t hyperextend your hip (kicking leg backwards)
- Don’t twist over your new hip
- Don’t perform activities with your foot turned out
- Don’t run or jump
- Don’t do lunges or extension yoga stretches
- Don’t fall

Safe Walking Progression
DO continue to use your recommended assistive device at least until follow up with your surgeon, and after that for as long as needed to support a normal walking pattern. If you get too tired or must limp, then continue to use some kind of support: progressing to a walking stick or cane from the walker may be beneficial.

Notes:

---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
---------------------------------------------------------------------------------------------------------------------------------------
OUR MISSION
As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES
Respect, Compassion, Justice, Excellence, Stewardship

providence.org/everett

We do not discriminate on the basis of race, color, national origin, sex, age, or disability in our health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電 888-311-9127 (TTY: 711)