Total Hip Replacement: Posterior Approach

Total Hip Replacement surgery can be performed in several 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 a posterior approach, the incision and dressing will be located over the back 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:________

**Heel Slides (slide heel up and down)**
Bend knee and pull heel toward buttocks and then return to straight.

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:________

**Side Stepping**
Start in neutral, step leg out to side, then return to neutral. Alternate legs.
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:________
Precautions

It is our hope for you to get the most out of your new hip. The following are common movements/positions your surgeon may want you to avoid during your recovery after having a posterior approach Total Hip Replacement:

- Don’t bend your new hip more than 90 degrees (lift knee higher than your hip)
- Don’t sit in low chairs or couches
- Don’t twist over your new hip
- Don’t cross your legs
- Don’t turn your toes inward
- Don’t engage in high impact activities that may require you to run or jump
- 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.

Sitting Safely
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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)