

OrthoVirginia Virginia Beach

Dr. Ted Lambert, DO

Post-operative exercises Total Hip Replacement

These series of simple exercises are to be done at home every hour that you are awake. In total, the exercises take about 4 minutes to complete. After completing the exercises, you should elevate your leg (toes above the heart) for the remainder of the hour and ice it for 20-30 minutes. This should be done every day for the first 2 weeks following your surgery. Mark completion of the exercise on the chart, there is a space for each exercise and day. Bring your filled out chart to your first post-operative appointment at Ortho Virginia.

EXERCISE #1 – WALK

This is a short walk from the couch (couch/chair/bed) to the bathroom, kitchen, or other nearby area of the house and back. Walking prevents blood clots and pneumonia that can commonly occur in patients after surgery. This walk should only take 1-2 minutes.

EXERCISE #2 – CALF PUMPS

Blood clots in the legs (called deep venous thrombosis, or DVT) are common after knee replacement surgery. They are preventable with the proper exercise regimen. Point your toes away from you (both legs) and hold for 5 seconds. This flexion of the calf muscles helps squeeze the blood in the calf veins and propel it back to the heart. Repeat this 10 times. This exercise, along with the blood thinner that you are taking (Aspirin or other), and the hourly walks, helps prevent blood clots.



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Total Hip Replacement Rapid Recovery Program: Ted Lambert, DO