



Do the exercises on this sheet at home every hour during normal waking hours. They are for the first 2 weeks of your recovery to encourage light activity balanced with soft tissue rest. The exercises shouldn't take longer than 5-6 minutes to complete.

Exercise #1 — Quad Sets

Sit at the edge of your chair or couch with heel on the floor and squeeze your thigh as if to make your knee as straight as possible. Keep your toes up towards you while you do this exercise. Squeeze and hold for 5 seconds. Do 10 repetitions.

Exercise #2 — Glute Sets

Stand up with your walker and squeeze your buttocks together. Hold for 5 seconds. Do 10 repetitions. (The thigh squeeze and butt squeeze prepare your muscles for walking.)

Exercise #3 — Walk

Take a 2-3 minute walk around your home using your walker. It is easy to overdo it and walk for longer, but it is better to do this every hour for only a couple of minutes. Over the course of a day, this will add up to plenty of walking.

Exercise #4 — Ice

Get a cold pack from the freezer and lay down, elevate your leg and apply the cold pack for management of inflammation. When possible, elevate the leg above the level of the heart. Cold packs are generally used 20-30 minutes on and then 20-30 minutes off. **DO NOT**, in any event, use a heating pad over your surgical region.

Exercise #5 — Calf Pumps

Blood clots after joint replacement surgery are common but preventable. Do 10-15 ankle pumps every hour. Pull your toes up towards you as far as possible and squeeze and then push your toes away from you as far as possible and squeeze. This movement will help push the old blood back up your legs and back into circulation.

You may have additional therapy from a home agency or at the outpatient clinic and your therapist may prescribe additional exercises that are appropriate for you, but these are the basics that are to be done at a minimum.

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Rapid Recovery Program

Hip Exercise Log



Dr. Lambert

POD = Post-Op Day

WEEK ONE	POD 1	POD 2	POD 3	POD 4	POD 5	POD 6	POD 7
QUAD SETS							
GLUTE SETS							
WALK							
ICE							
CALF PUMPS							

WEEK TWO	POD 8	POD 9	POD 10	POD 11	POD 12	POD 13	POD 14
QUAD SETS							
GLUTE SETS							
WALK							
ICE							
CALF PUMPS							

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