

# TOTAL HIP EXERCISE SCHEDULE



The American Association of Hip and Knee Surgeons (AAHKS) has outlined a home exercise program for you after your hip replacement. This guide accompanies our patient exercise videos that you can find at [www.AAHKS.org/HipKnee](http://www.AAHKS.org/HipKnee). Exercises will focus on stretching, strengthening, endurance and balance. The hip rehabilitation program is broken down into three phases: **Weeks 1-3**, **Weeks 4-6**, **Weeks 7-12**.



## PHASE 1: Weeks 1 – 3

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>STRETCHES</b>	<b>Hamstring Stretch</b> 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							
	<b>Calf Stretch Heel Cord</b> 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							
	<b>Secondary Calf Stretch</b> 3 sets: 1 rep	Week 1							
		Week 2							
		Week 3							

### DISCLAIMER

**PLEASE USE THE EXERCISES AS A GUIDE AS IT IS ULTIMATELY BETWEEN YOU AND YOUR SURGEON TO DECIDE WHICH THERAPY SETTING IS RIGHT FOR YOUR HIP REPLACEMENT RECOVERY. YOUR SURGEON MAY RECOMMEND ALTERATIONS TO THIS ROUTINE. IF YOU EXPERIENCE ANY ABNORMAL DISCOMFORT, DIZZINESS, OR FEELINGS OF PASSING OUT, PLEASE STOP EXERCISING AND CONTACT YOUR PHYSICIAN AS SOON AS POSSIBLE.**

## TOTAL HIP EXERCISE SCHEDULE

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>EXERCISES</b>	<b>Glute Sets</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Ankle Pumps</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Thigh Squeezes</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Quad Sets</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Quad Arcs</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Prone Knee Bend</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							
	<b>Calf Raises</b> 3 sets: 10 reps	Week 1							
		Week 2							
		Week 3							

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>ENDURANCE</b>	<b>Walking</b> Distance	Week 1							
		Week 2							
		Week 3							

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>BALANCE</b>	<b>Eyes Open</b> Minutes : Seconds	Week 1							
		Week 2							
		Week 3							

**PHASE 2: Weeks 4 – 6**

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>STRETCHES</b>	<b>Hamstring Stretch</b> 3 sets: 1 rep	Week 4							
		Week 5							
		Week 6							
	<b>Calf Stretch Heel Cord</b> 3 sets: 1 rep	Week 4							
		Week 5							
		Week 6							
	<b>Secondary Calf Stretch</b> 3 sets: 1 rep	Week 4							
		Week 5							
		Week 6							

**TOTAL HIP EXERCISE SCHEDULE**

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>EXERCISES</b>	<b>Quad Arcs</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Prone Knee Bends</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Straight Leg Raise</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Supine Hip Abd / Add</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Standing Hip Abd / Add</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Side-lying Hip Abd / Add</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Heel Slides</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							
	<b>Mini-Squats</b> 3 sets: 10 reps	Week 4							
		Week 5							
		Week 6							

**TOTAL HIP EXERCISE SCHEDULE**

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>ENDURANCE</b>	<b>Treadmill</b> Speed: Incline	Week 4							
		Week 5							
		Week 6							
	<b>Elliptical</b> Speed: Incline	Week 4							
		Week 5							
		Week 6							
	<b>Stationary Bicycle</b> Speed: Resistance Chair Position	Week 4							
		Week 5							
		Week 6							

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>BALANCE</b>	<b>Eyes Open /Closed</b> Minutes: Seconds	Week 4							
		Week 5							
		Week 6							

TOTAL HIP EXERCISE SCHEDULE

PHASE 3: Weeks 7 – 12

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>STRETCHES</b>	<b>Hamstring Stretch</b> 3 sets: 1 rep	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Calf Stretch Heel Cord</b> 3 sets: 1 rep	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Secondary Calf Stretch</b> 3 sets: 1 rep	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							

**TOTAL HIP EXERCISE SCHEDULE**

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>EXERCISES</b>	<b>Supine Hip Abd / Add</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Standing Hip Abd / Add</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Side-lying Hip Abd / Add</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Mini-Squats</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
Week 8									
Week 9									
Week 12									

**TOTAL HIP EXERCISE SCHEDULE**

			SUN	MON	TUES	WED	THURS	FRI	SAT
<b>EXERCISES</b>	<b>Step-Ups</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							
	<b>Bridges</b> 3 sets: 10 reps	Week 7							
		Week 8							
		Week 9							
		Week 10							
		Week 11							
		Week 12							



**TOTAL HIP EXERCISE SCHEDULE**

			SUN	MON	TUES	WED	THURS	FRI
<b>ENDURANCE</b>	<b>Treadmill</b> Speed: Incline	Week 7						
		Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						
	<b>Elliptical</b> Speed: Incline	Week 7						
		Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						
	<b>Stationary Bicycle</b> Speed: Resistance Chair Position	Week 7						
		Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						

			SUN	MON	TUES	WED	THURS	FRI
<b>BALANCE</b>	<b>Eyes Open / Closed</b> Minutes: Seconds	Week 7						
		Week 8						
		Week 9						
		Week 10						
		Week 11						
		Week 12						