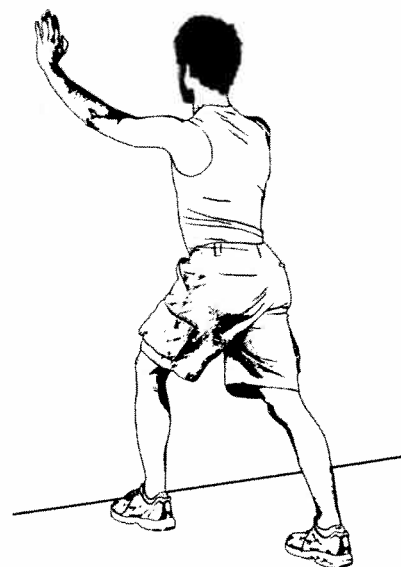
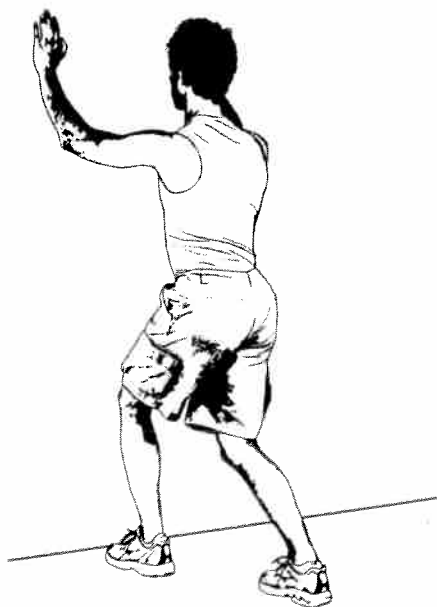


**Seated Hamstring Stretch**



**Gastroc Stretch**



**Soleus Stretch**



**Hip Flexor Stretch**

# BTHR hip resurfacing exercise protocol:

## Strengthening and Exercising

The following are more advanced exercises than what are done post-operatively day one and two and should be progressed under the direction of a physical therapist.

### For general strengthening

- Be sure to have someone standing by you the first time you attempt these exercises.
- If severe pain starts during these exercises, wait a couple days before attempting again.
- Remember, the sooner you get your hip moving the easier your recovery will be and the better your hip will be in the future... It's tough now, but it's worth it.

## Sitting Exercises

### Knee Extension

Sitting, slowly straighten knee.

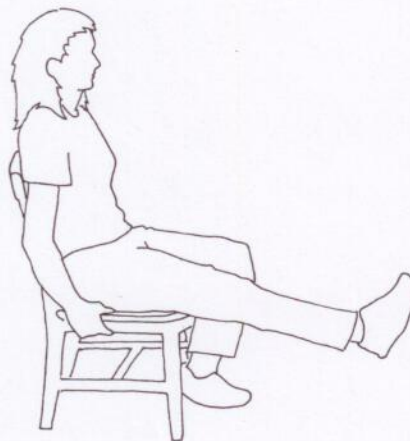
Hold \_\_\_\_\_ seconds.

Return foot to floor.

Perform \_\_\_\_\_ repetitions.

Repeat on other leg.

Do exercise \_\_\_\_\_ times a day.



## Knee Flexion

Keeping feet on floor,  
slide foot of operative leg  
back, bending knee.  
Hold for \_\_\_\_\_ seconds.

Repeat: \_\_\_\_\_ times  
\_\_\_\_\_ times a day



## Toe-Heel Raises

Sitting, rise up on toes then  
lift toes and rise on heels.  
Perform \_\_\_\_\_ repetitions.

Do exercise \_\_\_\_\_ times a day.

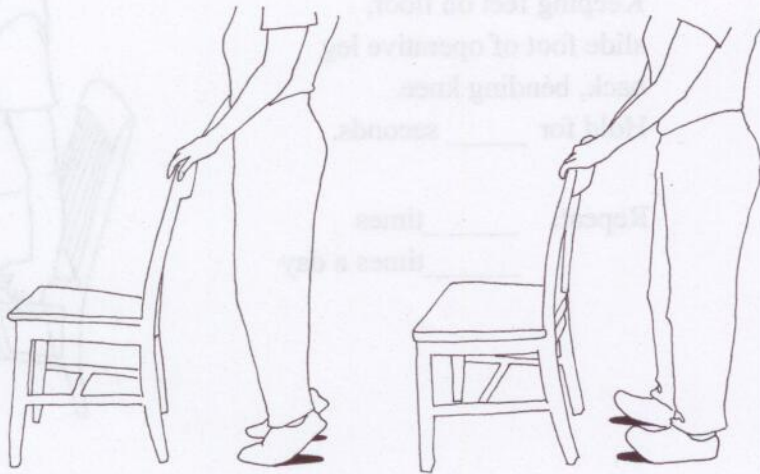


## Standing Exercises

### Heel raises

Rise up on toes and  
then lift up toes.  
Perform \_\_\_\_\_  
repetitions.

Do exercise \_\_\_\_\_  
times a day.



### Hip flexion

Take alternating steps  
\_\_\_\_\_ repetitions  
or  
Lift knee up toward the ceiling.  
Perform \_\_\_\_\_ times.  
Repeat on other leg.

Do exercise \_\_\_\_\_ times a day.

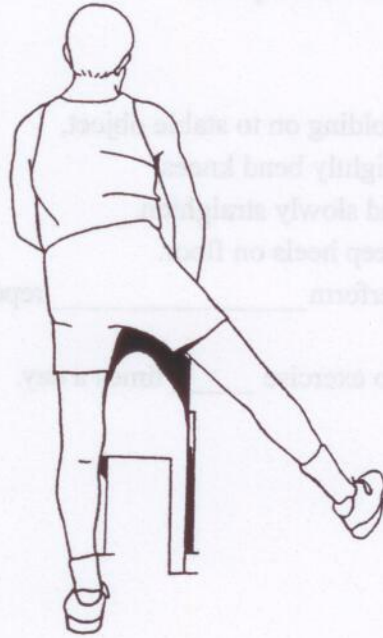


## Hip abduction

Lift your leg out to the side.  
Do not turn your foot out.  
Perform \_\_\_\_\_ repetitions.

Repeat on other leg.

Do exercise \_\_\_\_\_ times a day.



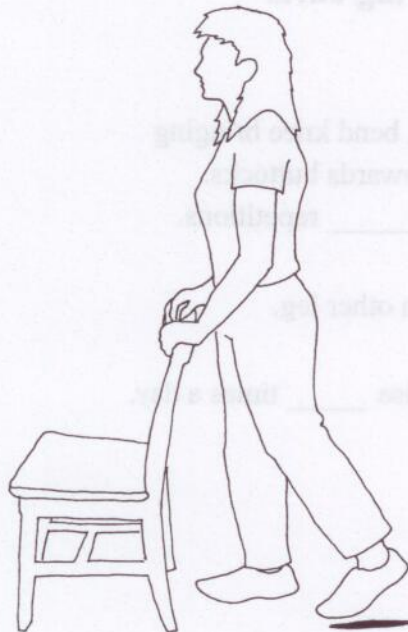
## Hip extension

Move leg backwards.  
Do not lean forward.  
Return to center.

Perform \_\_\_\_\_ repetitions.

Repeat on other leg.

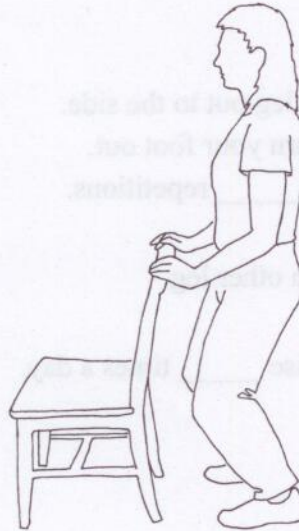
Do exercise \_\_\_\_\_  
times a day.



## Partial Squats

Holding on to stable object,  
Slightly bend knees  
and slowly straighten.  
Keep heels on floor.  
Perform \_\_\_\_\_ repetitions.

Do exercise \_\_\_\_\_ times a day.



## Hamstring curls

Standing, bend knee bringing  
heel up towards buttocks.  
Perform \_\_\_\_\_ repetitions.

Repeat on other leg.

Do exercise \_\_\_\_\_ times a day.

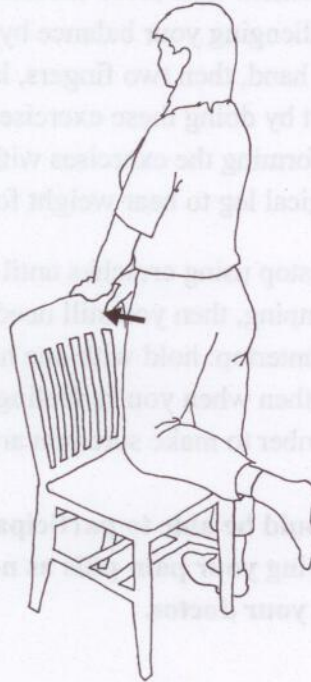


## Hip Flex or Stretch

While kneeling on chair  
with operative leg,  
shift hips forward.  
Hold for 30 seconds.  
Perform three repetitions.

Repeat on other leg.

Do exercise \_\_\_\_\_ times a day.



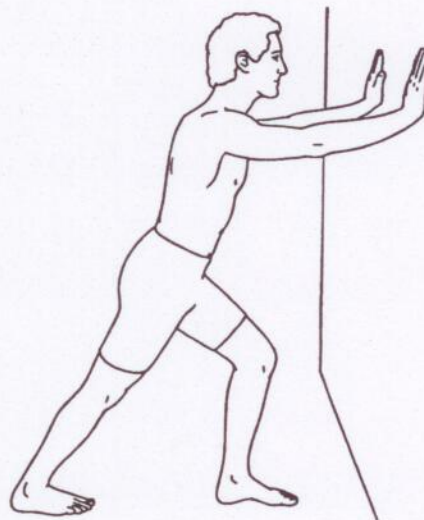
## Hip / Knee Stretching Gastroc

Stand with one foot back,  
leg straight, forward leg bent.  
Keeping heel on floor,  
turned out slightly,  
lean into wall until  
stretch is felt in calf.

Repeat \_\_\_\_\_ times  
per set.

Do \_\_\_\_\_ sets per session.

Do \_\_\_\_\_ sessions per day.

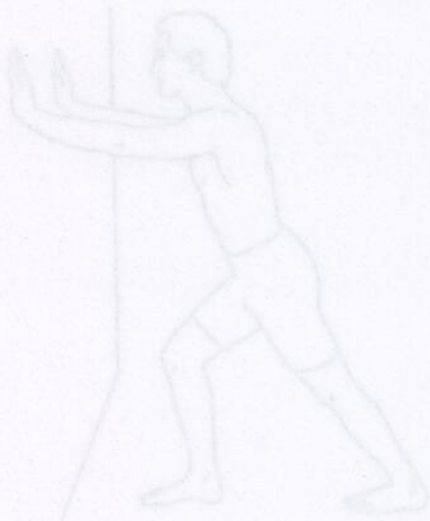


Advancement with these exercises includes:

- Challenging your balance by starting with two hands on the chair, then one hand, then two fingers, lastly no hands.
- Start by doing these exercises with your operative leg, then progress to performing the exercises with the non-operative leg to challenge your surgical leg to bear weight for strengthening.

\*Never stop using crutches until you can walk without a limp. If you are still limping, then you still need them! (A trick to work on this is to use the countertop: hold with one hand, walk forward and backward multiple times, then when you're feeling confident try to walk without holding on. Remember to make sure you are not limping.)

**You should be able to participate in exercises without extreme pain, using your pain pills as needed. If you have problems, please contact your doctor.**



## Aquatic Rehabilitation Exercises

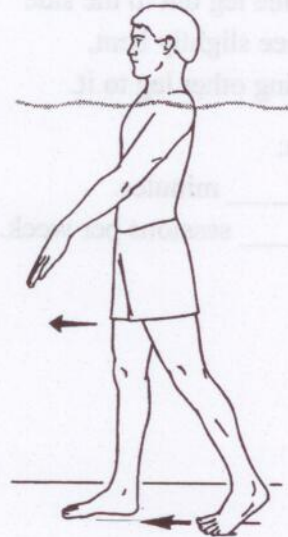
### Gait - 1 Forward Walk

Walk forward in water at either chest or waist level.

Session:

Walk five minutes.

Do two to three sessions per week.



### Gait - 2 Backward Walk

Step backward with one leg.

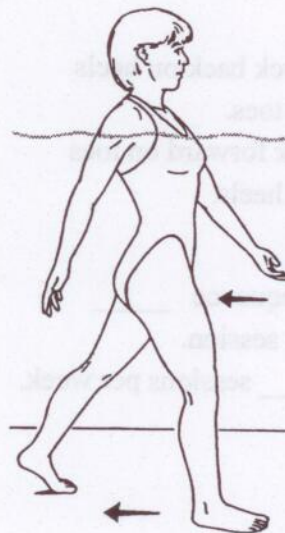
Strike pool bottom with front of foot.

Rolling back onto foot,  
bring other leg backward.

Session:

Walk \_\_\_\_\_ minutes.

Do \_\_\_\_\_ sessions per week.



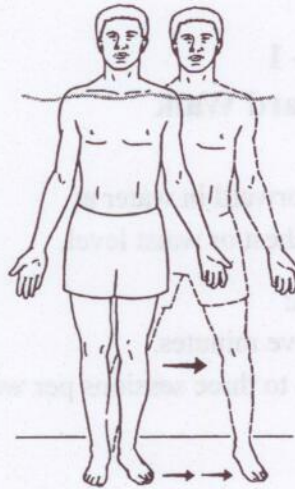
### Gait - 3 Side Step

Move one leg out to the side with knee slightly bent, then bring other leg to it.

Session:

Walk \_\_\_\_\_ minutes.

Do \_\_\_\_\_ sessions per week.



### Lower Body Toe/Heel Raise

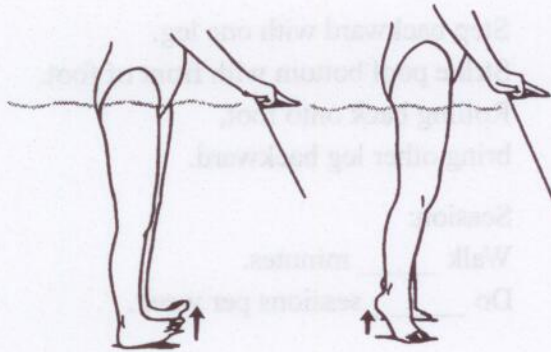
Gently rock back on heels and raise toes.

Then rock forward on toes and raise heels.

Session:

Repeat sequence \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per week.



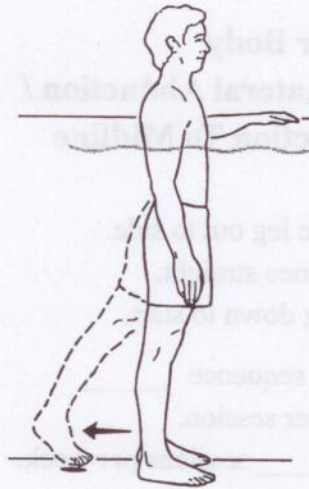
**Lower Body**  
**Hip Extension/Knee Straight**

Move one leg straight back.

Session:

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per week.



**Lower Body**  
**Hip Flexion/Knee Straight**

Move one leg straight forward.

Session:

Repeat \_\_\_\_\_ times per session.

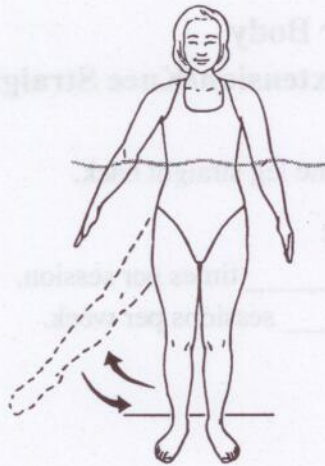
Do \_\_\_\_\_ sessions per week.



**Lower Body**  
**Hip Lateral Abduction /**  
**Adduction To Midline**

Lift one leg out to side.  
Keep knee straight.  
Pull leg down to start.

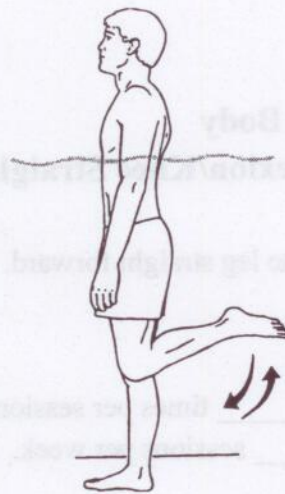
Repeat sequence \_\_\_\_\_  
times per session.  
Do \_\_\_\_\_ sessions per week.



**Lower Body**  
**Knee Flexion / Extension**

Lift one heel toward buttocks,  
keeping knee straight down from hip.  
Straighten knee, pushing foot down  
to start position.

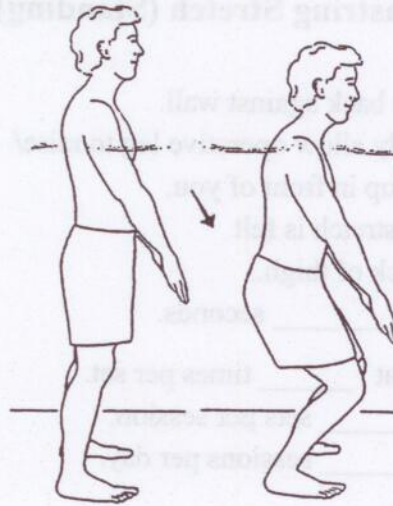
Repeat sequence \_\_\_\_\_ times  
per session.  
Do \_\_\_\_\_ sessions per week.



## Lower Body Squat

Bend both knees  
lowering body.  
Straighten knees  
and raise body.

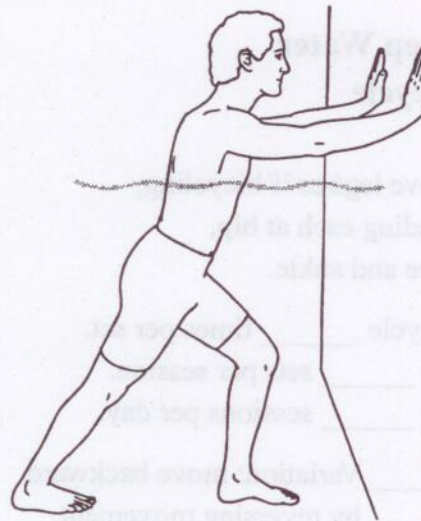
Repeat \_\_\_\_\_ times  
per session.  
Do \_\_\_\_\_ sessions per week.



## Hip / Knee Stretching Gastroc

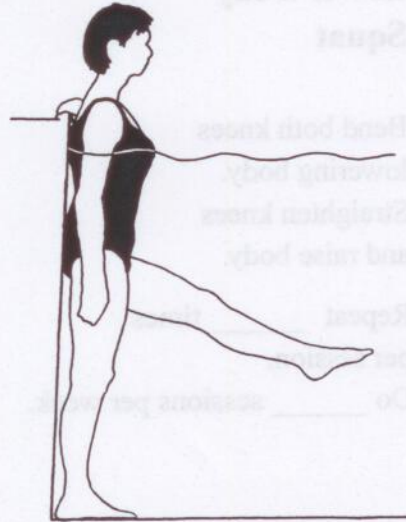
Stand with one foot back,  
leg straight, forward leg bent.  
Keeping heel on floor,  
turned out slightly,  
lean into wall until  
stretch is felt in calf.

Repeat \_\_\_\_\_ times  
per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



## Hamstring Stretch (Standing)

Place back against wall.  
Slowly allow operative leg to raise/  
float up in front of you,  
until stretch is felt  
in back of thigh.  
Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



## Deep Water Bicycle

Move legs as if bicycling,  
bending each at hip,  
knee and ankle.  
Bicycle \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.  
\_\_\_\_\_ Variation: move backward  
by reversing movement.

