

HIP TOTAL

PRE-OPERATIVE PROGRAM

RANGE OF MOTION INSTRUCTIONS

Perform range of motion exercise once a day.

Repetitions: 10 times

You do not need to hold the stretch, but move slow and controlled through your range of motion.

RANGE OF MOTION EXERCISES

1. Bent Knee Fall Out



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

HIP TOTAL

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STRENGTHENING INSTRUCTIONS

Perform all strengthening exercises 1-2 times a day.

Repetitions: 12-15 times

For single leg balance: Perform 5x each leg. Balance with a goal of 30-60 seconds. Start by holding on to a counter if needed.

STRENGTHENING EXERCISES

1. Clams
2. Waiter Bow
3. Double Leg Squat
4. Single Leg Balance
5. Straight Leg Raise
6. Double Leg Bridge
7. Mini-Band Side Step



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

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STRETCHING INSTRUCTIONS

Perform each stretch 3-5 times a day.

Repetitions: 3 times each leg

Hold each stretch for 20-30 seconds and work up to 60 second holds.

STRETCHING EXERCISES

1. Seated Hamstring Stretch
2. Hamstring 90/90 Stretch
3. Prone Quad Stretch



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**

THRIP TOTAL

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GAIT INSTRUCTIONS

Practice 3-5 times the week before surgery.
You do not have to perform this every day.

GAIT TRAINING

1. Practice Step To with Walker
2. Practice Step Through with Walker
3. Practice Step To with Cane
4. Practice Step Through with Cane
5. Practice Step To
6. Practice Step Through



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**