

THRIP TOTAL

POST-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

(POSTERIOR APPROACH ONLY)



REPLACEMENTREADY

by **MOVEMENT
COLLECTIVE**

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STRENGTHENING INSTRUCTIONS

Perform all strengthening exercises 1-2 times a day as able based on pain.

Repetitions: 12-15 times

For single leg balance: Perform 5x each leg. Balance with a goal of 15-30 seconds. Start by holding on to a counter.

These exercises are just examples. If you have received specific information via your PT or surgeon. Follow their exercise program.

STRENGTHENING EXERCISES

1. Clams
2. Waiter Bow
3. Double Leg Squat (Shallow)
4. Single Leg Balance
5. Double Leg Bridge
6. Double Leg Heel Raise



REPLACEMENTREADY

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COLLECTIVE**

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STRETCHING INSTRUCTIONS

Perform 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. Standing Hip Flexor Stretch
(POSTERIOR APPROACH ONLY)



REPLACEMENTREADY

by **MOVEMENT
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GAIT INSTRUCTIONS

Your safety is #1 priority.

Use the walker first. Your home health or outpatient PT will help you determine when it is safe for you to transition to the cane.

GAIT TRAINING

Progress to the following as able (if safe):

1. Step To with Walker
2. Step Through with Walker
3. Step To with Cane
4. Step Through with Cane



REPLACEMENTREADY

by **MOVEMENT
COLLECTIV =**