

Strengthening and progression exercises

- 3-4 times per week (**every other day**)
- Start with 1 set of 10-15 repetitions
- Progress gradually to 3 sets of 10-15 repetitions, take a 1-2 minute break between sets
- Think slow and controlled movements, no need to hold the position
- Move on to an exercise labeled “**progression**” when you can easily complete 3 sets of 10-15 repetitions
- Repeat exercises on your other leg

Tips:

- It is normal for muscles to feel sore or even shaky when starting a new exercise
- **Joint pain** is not normal. Pain, unlike soreness, is an indicator that you may be overdoing it with your exercises. Rest for 1-2 days and then start exercising again slowly
- Gradually increase your activity level
- Walking **DOES NOT** take the place of your exercises
- Continue with these strengthening exercises for at least **the first year after your surgery**

7. Bridge progression

8. Clam shell

9. Hip flexor strengthening

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10. Standing hip abduction progression

11. Squat progression

12. Crab walk

13. Standing abduction against wall

14. Marching in standing

Stretches

- Warm up for 5-10 minutes before stretching (e.g walking, warm shower)
- Hold stretches 45 seconds (or 5 slow deep breaths), repeat 3 times
- Can be done **everyday** or several times a day if your muscles are tight
- Repeat with the other leg

Exercise instructions

15. Hip bending stretch

16. Hip flexor stretch

17. Seated hamstring stretch

18. Adductor stretch

19. Side stretch