

Posterior Approach – Exercises



Ankle Pumps

Bend ankles up and down, alternating feet.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Heel Slides

While lying down, slide heel of involved leg along bed surface, bending hip and knee.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Quad Sets

Slowly tighten muscles on thigh of involved leg while pressing back of knee into bed. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Gluteal Sets

Squeeze buttocks muscles as tightly as possible. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.

Posterior Approach – Exercises



Short Arc Quads

Place a rolled pillow or large can under involved knee to allow slight bend. Straighten knee by raising heel off of bed, maintaining contact with roll. Slow and controlled for a count of 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Abduction/ Adduction

Slide involved leg out to side keeping knee and toes pointing up.

- Repeat 10-15 times.
- Do 2-3 sessions per day



ADVANCED

Standing Hip Abduction

Hold onto counter or back of sturdy chair. Lift involved leg out to side keeping toes and knee pointing forward.

- Repeat 10-15 times.
- Do 2-3 sessions per day.

Posterior Approach – Exercises



ADVANCED

Standing Hip Extension

Hold onto counter or back of sturdy chair. Lift involved leg back while keeping upper body straight.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



ADVANCED

Standing Hip Flexion

Hold onto counter or back of sturdy chair. Using involved leg, lift knee up but keep knee lower than hip joint.

- Repeat 10-15 times.
- Do 2-3 sessions per day.

Posterior Approach– Precautions

DON'T DO THESE MOVEMENTS



No Crossing Legs



No Bending Forward



No Internal Rotation

DO THESE MOVEMENTS



Legs Apart



Use Reacher



Neutral Stance

Lateral Approach– Exercises



Ankle Pumps

Bend ankles up and down, alternating feet.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Heel Slides

While lying down, slide heel of involved leg along bed surface, bending hip and knee.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Quad Sets

Slowly tighten muscles on thigh of involved leg while pressing back of knee into bed. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Gluteal Sets

Squeeze buttocks muscles as tightly as possible. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.

Lateral Approach– Exercises



Short Arc Quads

Place a rolled pillow or large can under involved knee to allow slight bend. Straighten knee by raising heel off of bed, maintaining contact with roll. Slow and controlled for a count of 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



ADVANCED

Standing Hip Extension

Hold onto counter or back of sturdy chair. Lift involved leg back while keeping upper body straight.

- Repeat 10-15 times
- Do 2-3 sessions per day



ADVANCED

Standing Hip Extension

Hold onto counter or back of sturdy chair. Lift involved leg back while keeping upper body straight.

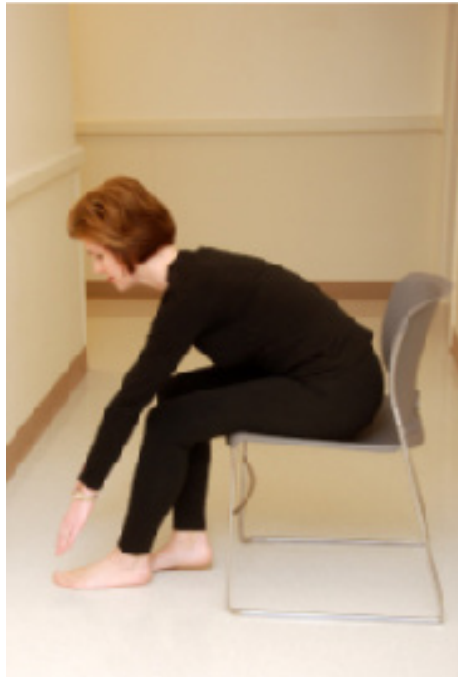
- Repeat 10-15 times
- Do 2-3 sessions per day

Lateral Approach– Precautions

DON'T DO THESE MOVEMENTS



No Crossing Legs



No Bending Forward



No Hip Abduction

DO THESE MOVEMENTS



Legs Apart



Use Reacher



Neutral Stance

Direct Anterior Approach – Exercises



Ankle Pumps

Bend ankles up and down, alternating feet.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Heel Slides

While lying down, slide heel of involved leg along bed surface, bending hip and knee.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Quad Sets

Slowly tighten muscles on thigh of involved leg while pressing back of knee into bed. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Gluteal Sets

Squeeze buttocks muscles as tightly as possible. Hold 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.

Direct Anterior Approach – Exercises



Short Arc Quads

Place a rolled pillow or large can under involved knee to allow slight bend. Straighten knee by raising heel off of bed, maintaining contact with roll. Slow and controlled for a count of 5 seconds.

- Repeat 10-15 times.
- Do 2-3 sessions per day.



Abduction/ Adduction

Slide involved leg out to side keeping knee and toes pointing up.

- Repeat 10-15 times.
- Do 2-3 sessions per day

Direct Anterior Precautions

No hip external rotation beyond 90 degrees.

DON'T DO THESE MOVEMENTS



DO THESE MOVEMENTS



Direct Anterior Approach – Exercises



ADVANCED

Standing Hip Flexion

Hold onto counter or back of sturdy chair. Using involved leg, lift knee up but keep knee lower than hip joint.

- Repeat 10-15 times
- Do 2-3 sessions per day



ADVANCED

Standing Hip Abduction

Hold onto counter or back of sturdy chair. Lift involved leg out to side keeping toes and knee pointing forward.

- Repeat 10-15 times.
- Do 2-3 sessions per day.