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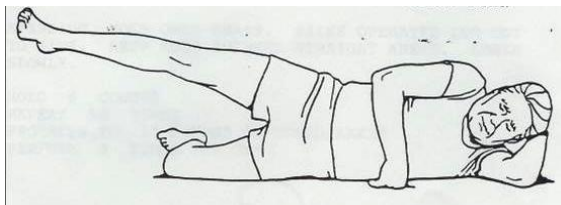
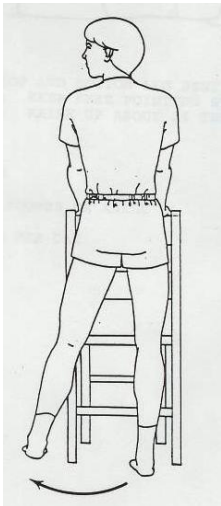
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Hip Abduction Exercises after Total Hip Replacement

Do not begin until 6 weeks after surgery!

After 6 weeks, perform 4 times a day and repeat each exercise 10 times.



- Stand up straight, holding on to the back of the chair.
- Without moving the upper body, slowly spread the operated leg away from the other leg 2-3 feet.
- Keep the toes pointed straight ahead. Hold it steady for 5 counts. Then lower the leg slowly.
 - Once you are strong enough, add up to 10 pounds of weight on the ankle.
- Lie down on a firm surface, like your bed. Do not do this on the floor.
- With the operated leg on top and your bottom leg bent, lift the top leg up toward the ceiling.
 - Keep the knee pointing straight ahead and the leg in line with the body.
 - Raise it up about 2-3 feet and hold for 5 counts. Then lower the leg slowly.
 - When you can do this easily, you may add up to 10 lbs. of weight.
- An easy and inexpensive way to increase your strength is to use the “Thighmaster LBX”
 - You can purchase it on-line from Amazon.com or call 866.222.4620