

## HIP POST-OP MAINTENANCE PROGRAM 1 YEAR PLUS

### General Guidelines:

1. Program should be done 3-4 times a week.
2. 3 sets of 10 repetitions
3. These exercises are to be used as a guide only; if patient experiences pain during or after these exercises they should not be performed.

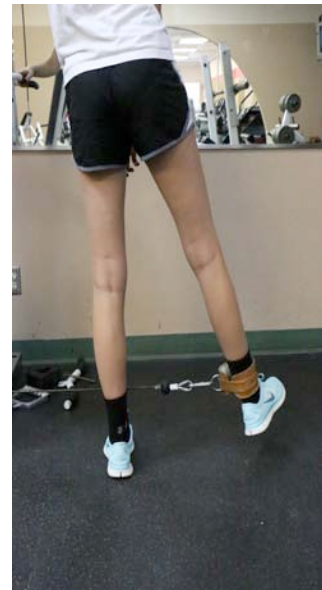
### STRENGTH COMPONENT



**Cable Column Hip Extension**



**Hip Adduction**



**Hip Abduction**



Experience With Proven Results

4140 Centennial Hills Boulevard • Casper, WY 82609 • (307) 265-7205



**Cable Column Hip Flexion**



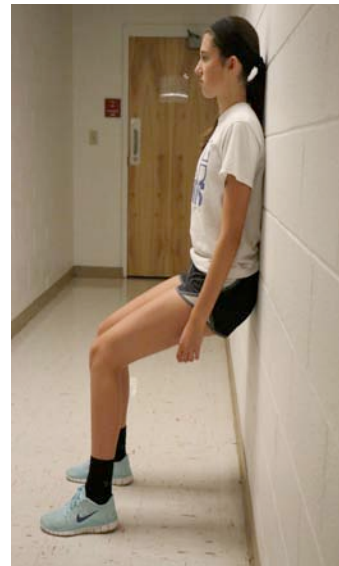
**Unilateral Bridging**



**Step Downs on Step or Bosu**



**Mini Squats on Balance Board  
or Bosu**



**Wall Sits**



Experience With Proven Results

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**Unilateral Deadlift→→  
Progressed to Foam→→  
Progress to Combo of Y-Balance**



**Side Stepping with Theraband**



**Front Planks**

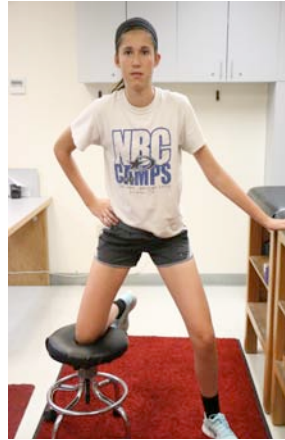


**Side Planks**

## Flexibility



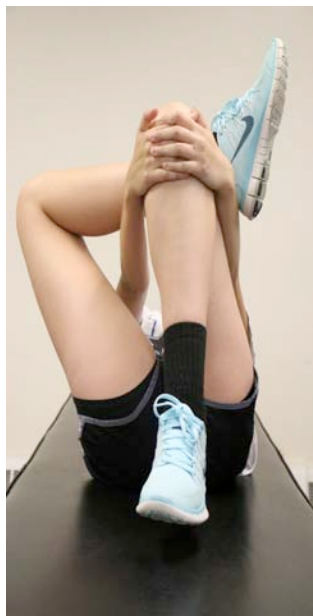
**Hip Flexor Stretch with Stool**



**Hip Adductor Stretch with Stool**



**Standing IT-Band Stretch**



**Piriformis Stretch**



**Combo Hip Flexor and IT-Band Stretch**