

1



Gravity Drop

Stand with your balls of feet on 3" high block with feet shoulder width apart, toes straight ahead and heels on the floor. Stick your chest out. You should feel the stretch in the back of your legs. Hold this position for 30 seconds. Repeat 3 times.

2



Heel-Toe Walk

Stand with feet pointed straight ahead and chest up tall. Walk slowly in a heel-toe fashion as you imagine walking on a line. Perform 3 x 10 yards.

3



Mid Pulley Row

Stand with one foot in front of the other hip width apart and toes pointed straight ahead. Grab the pulley with the hand that is opposite of the forward foot. Keeping your head pointed forward the whole time, pull the pulley to your body and allow your trunk and shoulders to rotate and squeeze your shoulder blades down and back.

4



Mini-Band Walk

Place a mini-band around your ankles. Stand with feet shoulder width apart and toes pointed straight ahead. Keeping knees unlocked, perform sidestepping move to the right, keeping tension in the band. Make sure your toes point straight ahead. Perform 3 x 20 yards.

5



Hurdle Step Over

Stand on one leg with toes pointed straight ahead and knee unlocked beside a 6" object. While maintaining a level pelvis, tap your opposite foot in front of and behind the object. You should feel this working the outside muscles of the hip you are standing on. Perform 3 x 20 repetitions.

6



Anterior Cone Touch (Both Hands)

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18" behind a cone. Hinge at your hip as you reach forward with both hands and lightly touch the cone. Return to the starting position. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 x 12 repetitions.

What is a Total Hip Arthroplasty?

Osteoarthritis (OA) is a “wear and tear” degeneration of the articular surfaces of the hip joint. A Total Hip Arthroplasty (THA) is a surgical intervention performed in severe cases of OA. During the THA the surgeon will remove the damaged part of the hip and replace it with a prosthetic.

The Why Behind the What

Exercise #1 - Hurdle Step Over

This exercise is working the hip abductors on the stance leg isometrically to hold your pelvis level. This can help with balance and ankle mobility.

Exercise #2 - Cross Over Line Walk

This exercise helps get hip mobility back, and works on the balance aspect by crossing over midline.

Exercise #3 - Mid Pulley Row

This exercise helps get some hip rotation through the thoracic spine, which will require the glutes to kick on.

The Common Causes of Osteoarthritis of the Hip

Though osteoarthritis is often attributed to age, weight and family history, poor biomechanics, stiff ankles, hip tightness and/or weakness and previous injury may cause osteoarthritis as well. Misalignments due to tight muscles and joints may lead to early degeneration of the hip.

Exercise #4 - Mini Band Walks

This exercise activates the hips abductor, gluteus medius. Strengthening this muscle can help strengthen the entire hip, as well help with a “normal” walking pattern.

Exercise #5 - Gravity Drop

This stretch is to stretch the calf and hamstring muscles, and to get ankle mobility that is needed for walking, and daily activities.

Exercise #6 - Anterior Cone Reach w/ both hands

This exercise will stretch the hamstrings, which is key for hip movement. This exercise will also strengthen the glutes, and by doing these two things will take a lot of strain of your lumbar spine.