

Pre-Hip Replacement: Ankle Pumps, Quad Sets, Leg Raises



The following exercises build strength. You'll also use them after surgery to help speed your recovery. Ask your physical therapist or surgeon if you should exercise 1 or both legs. You may also be given special instructions. And unless you're told otherwise, try to do each exercise at least 5 to 10 times, 2 times a day.

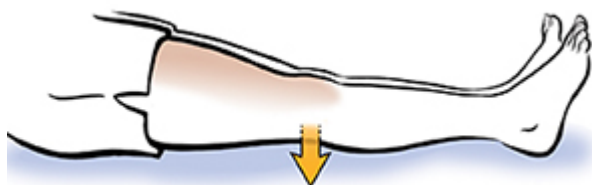
Ankle pumps

After surgery, ankle pumps will help prevent circulation problems, such as blood clots. Practice ankle pumps by pointing and flexing your feet.



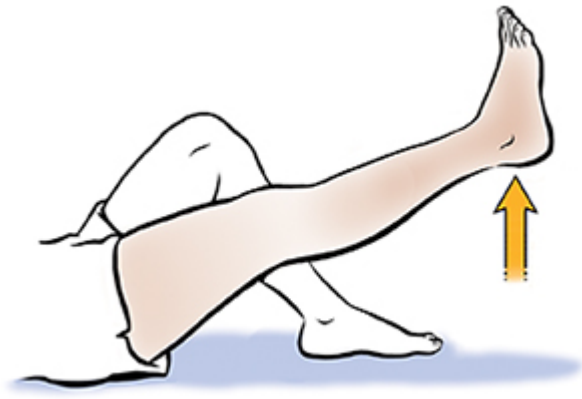
Quadriceps sets

- Lie in bed with your legs straight. Tighten the muscle at the front of the thigh as you press the back of your knee down toward the bed.
- Hold for 5 to 10 seconds. Then relax the leg.



Straight leg raises

- Lie in bed. Bend 1 leg. Keep your other leg straight on the bed.
- Tighten your thigh muscle and lift your straight leg as high as you can, but not higher than 12 inches. Hold for 5 to 10 seconds. Slowly lower the leg.



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