

Total Hip Arthroplasty Home Exercise Checklist

Bring this completed Checklist with you to your post-operative visits and show it to your providers.

	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Log Your Cumulative Walking Time, Minutes																													
Isometric Gluteal	(15)																												
Hip Ab/ Adduction	(15)																												
Isometric Quadriceps	(15)																												
Ankle Pumps	(15)																												
Hip Rotation Pillow Squeeze	(15)																												
Heel Raises	(15)																												
Sit to Stand	(10)		Start Day 5																										
Standing Hip Abduction	(15)		Start Day 5																										
Standing Hip Extension	(15)		Start Day 5																										
Side-Stepping (45 feet right, 45 fee	t left)	Start Day 5																											



TOUTCOMES by HOPCO

	Day	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56
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