

Joint Replacement Recovery: Sample Hip Exercise Routine: Standing Heel Raises

Physical activity will keep you strong before and after your joint replacement. Standing heel raises will help strengthen the muscles around your hip and knees allowing you to do more.

Try a Standing Heel Raise now.

Step 1. Use a chair for balance. Keep your weight evenly distributed between both legs.

Step 2. Gently rise onto your toes by lifting your heels off the ground.

Step 3. Keep your butt muscles tight and keep your knees straight throughout.

Step 4. Slowly lower your heels back down to the floor. Do one set of 15 repetitions and then do a second set.

Let's try that again. Balance with a chair and keep your weight evenly distributed between your legs. Gently rise onto your toes, lifting your heels off the floor. Keep your butt muscles tight and knees straight. Slowly lower your heels back to the floor. Do one set of 15 reps then do a second set.

To get the most out of this exercise, follow your physical therapist's instructions. If you have questions about the way to do this exercise or how your muscles feel before, during or after – ask your physical therapist.