

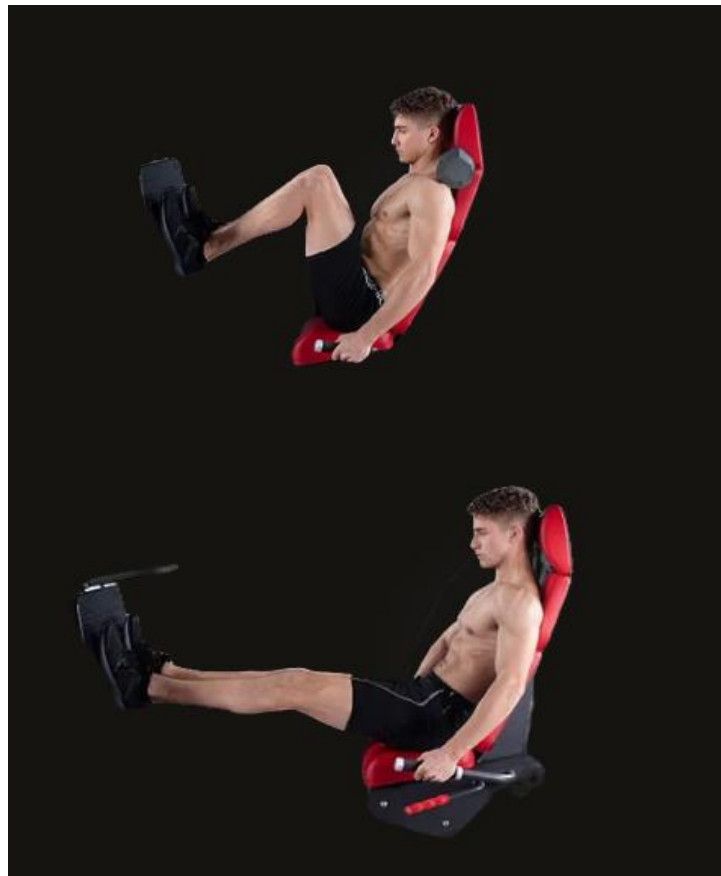
### PRT Prehabilitation for THR Exercises

Exercise	Reps	Set	Rest	Per Day
<b>Leg Press Exercise</b>	8–12 repetitions	3–4 sets (depending on fitness level)	60–90 seconds	2–3 times per week

**Steps:**

1. Adjust the seat so your legs are comfortably bent when your feet are on the platform.
2. Place your feet shoulder-width apart, flat on the platform.
3. Push the platform away to extend legs (but keep knees soft, not locked).
4. Lower slowly until your knees are at about 90 degrees.
5. Drive through your heels to return to the start position.

**Image:**

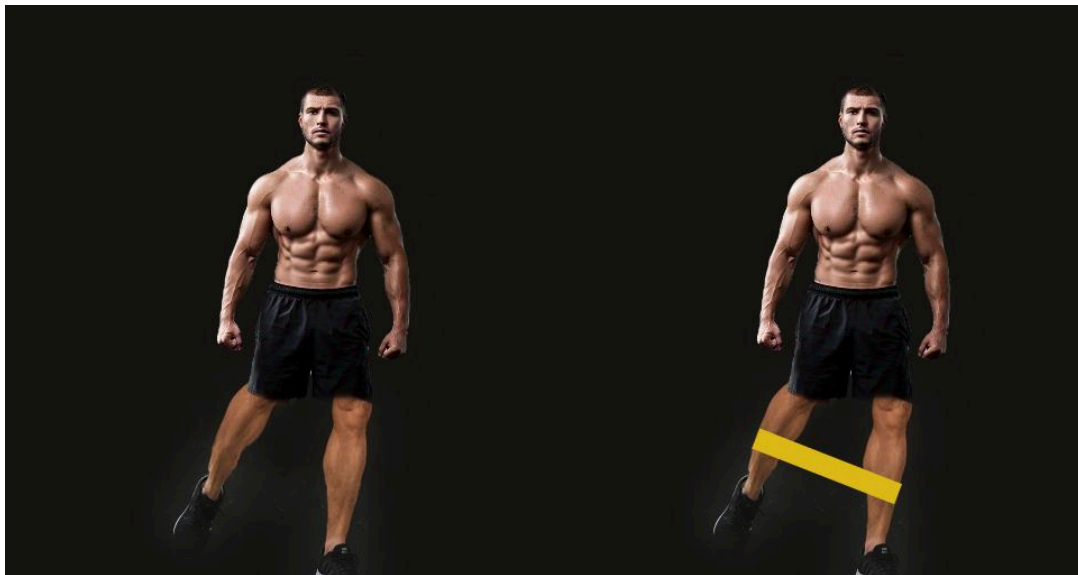


Exercise	Reps	Set	Rest	Per Day
<b>Standing hip Abduction with/ Resistance Exercise</b>	<i>12–15 repetitions per leg</i>	<i>2–3 sets</i>	<i>30–45 seconds</i>	<i>2–3 times per week (alternate days to allow recovery)</i>

**Steps:**

1. *Put on the resistance band around your ankles or thighs.*
2. *Stand tall and hold onto a stable object for balance.*
3. *Lift one leg sideways, keeping toes pointed forward.*
4. *Pause at the top, squeezing the side of your glutes.*
5. *Return slowly to the starting position.*

**Image:**



Exercise	Reps	Set	Rest	Per Day
<b>Glute Bridges Exercise</b>	12–15 reps	2–3 sets	30–60 seconds	Daily or 3–4 times per week

**Steps:**

1. Lie on your back, knees bent, feet flat.
2. Tighten your core and glutes.
3. Lift your hips upward until your body is straight from shoulders to knees.
4. Pause and squeeze the glutes.
5. Lower slowly and repeat.

**Image:**



Exercise	Reps	Set	Rest	Per Day
<b>Controlled Lunges Exercise</b>	<i>8–10 reps per leg</i>	<i>2–3 sets</i>	<i>30–60 seconds</i>	<i>2–3 times per week</i>

**Steps:**

1. *Stand tall, feet hip-width apart.*
2. *Step forward with one foot.*
3. *Lower slowly into a lunge (both knees bent to 90°).*
4. *Keep the torso upright and core engaged.*
5. *Push back through the front heel to return.*

**Image:**



Exercise	Reps	Set	Rest	Per Day
<b>Step-ups Exercise</b>	10–12 reps per leg	2–3 sets	30–60 seconds	2–4 times per week

**Steps:**

1. Face a sturdy step or box.
2. Step up with your right foot, pressing through the heel.
3. Bring the left foot up to meet the right at the top.
4. Step down with your right foot, then the left.
5. Alternate legs and repeat for reps.

**Image:**



Exercise	Reps	Set	Rest	Per Day
<b>Sit to Stand Exercise</b>	10–15 repetitions	2–3 sets	30–60 seconds	Daily or at least 3–5 times per week

**Steps:**

1. Sit on a chair with feet flat, back straight.
2. Cross arms or place hands lightly on thighs.
3. Lean forward slightly, press through heels.
4. Stand up to full height, pause.
5. Sit back down slowly and repeat.

**Image:**





**Biomechanics Physical Therapy, P.C**  
*Friendly Service | Reliable Therapy | Helpful In-Home Care*  
Talent@biomechanicspt.com 323.786.1890 [www.biomechanicspt.com](http://www.biomechanicspt.com)