



MASTER YOUR FITNESS WITH H2XERCISE

POST-OP HIP REPLACEMENT OR HIP INJURY RECOVERY

ABOUT THIS PROGRAM

The Post-Op Hip Replacement or Hip Injury Exercise Program benefits those who are looking to train before, or recover after, a hip surgery, as well as those who experience chronic hip pain or tightness. These exercises work to improve hip mobility, balance muscle groups, and strengthen supporting muscles around the hip. By improving mobility and strength, you will have more controlled movement, which can help to prevent future injuries and minimize tightness.

DR. RICK MCAVOY

This program was designed by Rick McAvoy, PT, DPT, CSCS. Dr. McAvoy has specialized in Aquatic Physical Therapy and Sports Performance for over 25 years.

BEFORE YOU BEGIN

MASTER SPAS PROPULSION/JETTED SYSTEMS

When starting to incorporate the propulsion/jetted systems, begin at the lowest speed/resistance possible in order to perform all instructed exercises with a proper upright posture and a full motion. As you gain increased strength, balance and comfort with your ability to perform the exercises then you can start increasing the propulsion/jetted resistance level to your tolerance.

PLEASE NOTE

It is recommended that you wear water shoes if your swim spa does not have the SoftTread Nonslip, Comfort Floor System.

As you begin to increase your speed of each exercise do not sacrifice posture and correct form.

DISCLAIMER

This exercise program is not medical advice or a treatment plan and is intended for general education and demonstration purposes only. This exercise program should not be used to self-diagnose or self-treat any health, medical or physical condition. Do not use this exercise program to avoid going to your own healthcare professional or to replace the advice they give you. Consult with your healthcare professional before doing anything contained in this exercise program. In no event shall Rick McAvoy PT, DPT, CSCS or Master Spas or their suppliers be liable for any and all losses, injuries, or damages resulting from any and all claims that arise from your use or misuse of this exercise program's content. Rick McAvoy PT, DPT, CSCS and Master Spas or their suppliers make no representations about the accuracy or suitability of this content. USE THIS EXERCISE PROGRAM AT YOUR SOLE RISK.

DYNAMIC WARM UP

Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg is moving.



TIME

Perform each exercise **2-3 minutes**

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



WALKING FORWARD

Keep Core and Buttocks Muscles Tight

Keep Good Stride Length

Keep Reciprocal Arm Swing



SIDE STEPPING WITH SEMI-SQUATS

Open and Close Arms and Legs at Same Time

Sit Back Like You Are Sitting in a Chair

Return to Standing Position with Closed Arms and Legs

Keep Pressure on Heels



WIDE KNEE WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Do Not Rotate Body

Keep Belly Button Forward

Lift Leg Only to Comfortable Height to Feel Stretch

HOLD SIDE OF SWIM SPA IF NEEDED



HEEL TO BUTTOCKS WALK

Keep Core and Buttocks Muscles Tight

Keep Upright Posture

Keep Upper Leg Straight

Reach Back with Arms in Attempt to Touch Heel

Do Not Arch Lower Back

DYNAMIC WARM UP (CONT.)



HIP ROTATION WALK

Bring Inner Foot Towards Opposite Hip
Keep Core and Buttocks Muscles Tight
Do Not Rotate Body
Keep Belly Button Forward
Lift Leg Only to Comfortable Height to Feel Stretch
HOLD SIDE OF SWIM SPA IF NEEDED

STRAIGHT LEG RAISE WALK

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Reciprocal Arm Swing
Keep Moving Knee Straight
Do Not Rock Pelvis Back
HOLD SIDE OF SWIM SPA IF NEEDED

STRENGTHENING & BALANCE EXERCISES

Keep a good upright posture with core and buttocks muscles engaged. Make sure to keep buttocks muscles engaged on standing leg when opposite leg is moving.

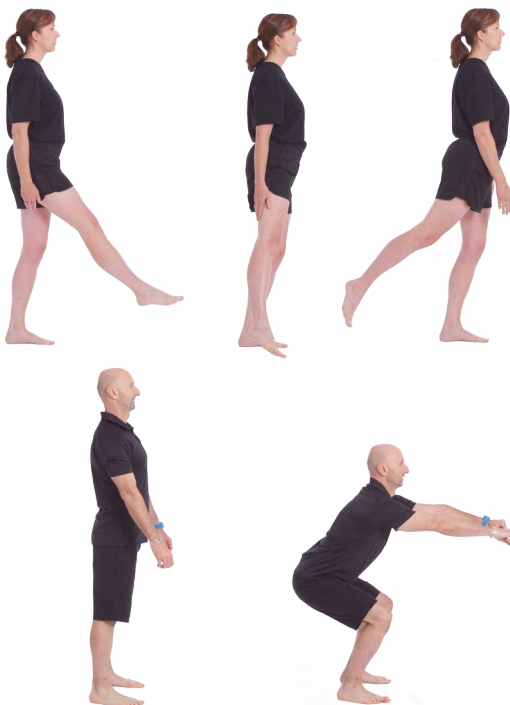


TIME

Perform each exercise **30-45 seconds** then increase to **60-90 seconds**

PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



LEG 1/2 CIRCLES

Start with Leg Forward, Move Leg Out, then Backward
Return to Start Position
Keep Core and Buttocks Muscles Tight
Keep Upright Posture and Knee Straight
Do Not Rotate Body
HOLD SIDE OF SWIM SPA IF NEEDED

SQUATS

Keep Core and Buttocks Muscles Tight
Keep Upright Posture
Keep Weight Equal
Keep Pressure on Heels

STRENGTHENING & BALANCE EXERCISES (CONT.)



FORWARD LUNGE

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Reciprocal Arm Swing
- Keep Front Shin Vertical
- Pressure on Front Heel
- HOLD SIDE OF SWIM SPA IF NEEDED



SIDE LUNGE

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Front Shin Vertical
- Pressure on Heels
- HOLD SIDE OF SWIM SPA IF NEEDED



ARM/LEG SWINGS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Do Not Rock Upper Body
- Keep Opposite Arm/Leg Motions
- HOLD SIDE OF SWIM SPA IF NEEDED



DIAGONAL KICKS

- Bring Leg Diagonally Across
- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Forward
- Keep Knee Straight
- Do Not Rotate Body
- HOLD SIDE OF SWIM SPA IF NEEDED

STRENGTHENING & BALANCE EXERCISES (CONT.)



UP/OUT/IN/DOWN

- Keep Core and Buttocks Muscles Tight
- Lift Leg Up/Rotate Out/Return/Bring Leg Down
- Keep Upright Posture and Belly Button Forward
- Do Not Rotate Body
- Lift Leg Only to Comfortable Height to Feel Stretch
- HOLD SIDE OF SWIM SPA IF NEEDED**



KICKBOARD PUSH/PULLS ON ONE LEG

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Down and Back
- Keep Board Halfway Underwater
- Push and Pull Equally
- Perform on Opposite Leg

CARDIOVASCULAR

Keep a good upright posture with core and buttocks muscles engaged.



TIME

Perform each exercise **2-3 minutes** then increase to **5-10 minutes**

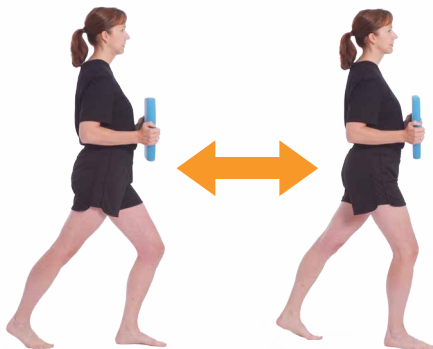
PROGRESSION

Increase Speed, Utilize Current/Jets, Equipment



RUNNING SIDWAYS

- Keep Core and Buttocks Muscles Tight
- Keep Upright Posture
- Keep Shoulders Under Hips and Knees Slightly Bent
- Do Not Lean Body to Side



PLOWING FORWARD/BACKWARD WITH KICKBOARD

- Do Not Lean Forward/Backward
- Keep Proper Upright Posture
- Keep Shoulders Down and Back
- Walk Forward While Plowing Kickboard Through the Water



MASTER YOUR FITNESS WITH H2XERCISE

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