

5 Steps to a Successful Hip Replacement Recovery

Your 6-Week Target: Walking independently without an assistive device, achieving normalized gait and 10° of hip extension, the biomechanical threshold that lets your body move the way it was designed to. Luna is with you from Day 1.



1 Mindset Phase

Start Now
Pre-Hab



What success looks like:

- Strengthening your glutes, hip abductors, and quads before surgery primes the muscles that will protect your new joint—stronger input means faster, more stable output post-op.
- Learning your surgical precautions now (no crossing legs, keep hips above knees) means zero guesswork in recovery, reducing the anxiety that amplifies pain perception.
- Pre-hab activates the neuromuscular pathways for glute and hip control that surgery temporarily disrupts, giving your PT a head start on Day 3.

2 Pain & Swelling

Start Strong
First 72 hours after surgery



What success looks like:

- Compression garments, ice, and ankle pumps every 1–2 hours keep circulation moving, reducing the DVT risk that spikes in the first 72 hours after joint replacement.
- Controlling swelling early means tissue stays pliable, less inflammation now equals more mobility sooner, and your new hip needs movement to heal correctly.
- First win: walking 100 feet with a walker and negotiating stairs. This early mobility milestone is your ticket home, and the foundation everything else builds on.

3 Motion Phase

Start Day 3
In-Home PT



What success looks like:

- Your Luna therapist comes directly to you, no car, no clinic, no wasted energy, so recovery focuses on healing, not getting there.
- Isometric quad sets and supine glute sets begin re-engaging muscles that shut down around surgery, a predictable neurological response your PT is trained to reverse.
- By week 3, initiating stationary bike work and standing four-way hip exercises restores the range of motion that lets your gait normalize, and your confidence return.

4 Strength & Stability

Start Fresh Each Hour
Make PT part of your routine



What success looks like:

- Hourly movement, even a short walk or standing march, prevents hip stiffness that accumulates with rest and keeps soft tissue from tightening around the joint.
- Progressive gluteal and hip abductor strengthening eliminates the Trendelenburg lurch, the side-to-side hip drop that signals weak stabilizers and stresses your implant.
- Step-ups, mini squats, and single-leg balance work restore the pelvic control that lets you move through the world without compensating, or worrying about falling.

5 Active Life Phase

Start Fresh Each Day
Recovery is Ongoing



What success looks like:

- By weeks 6–12, most patients achieve symmetrical, pain-free hip ROM and community-distance walking without any assistive device, the functional benchmark for full independence.
- Consistent PT rebuilds proprioception, your hip’s awareness of its position in space. That’s the invisible work that prevents falls and protects your implant for decades.
- Hip replacement has one of the highest satisfaction rates of any elective surgery, but PT is what converts a successful surgery into a successful life. Every session is an investment in that outcome.