

HIP RECOVERY PROGRESS CHART

Week Number: _____

Date:

Pain Level (1-10):

EXERCISE DESCRIPTION	SETS/REPS	M	T	W	T	F	S	S
Ankle Pumps	2 sets / 20 reps							
Gluteal Sets	3 sets / 10 reps							
Quad Sets	3 sets / 10 reps							
Heel Slides	2 sets / 10 reps							
Abduction (Supine)	2 sets / 10 reps							
Walking (Minutes)	Goal: ____ min							

Daily Progress Notes & Precautions:

Note: Follow your surgeon's specific weight-bearing restrictions and hip precautions at all times.