Pilates & Hip Replacement Workshop with Sonjé Mayo
MAT

PrePilates • Magic Circle or ball between thighs, feet on floor hip-distance apart, hug circle or ball 3-5x • Feet on floor, knees bent with ankles inside Magic Circle, press out keeping feet on floor 3-5x • No prop: Lift knees up at 90 degree angle, one at a time, without shifting pelvis • Hug Magic Circle or ball between thighs, knees bent, lift both legs and then lower slowly • Hundred Prep: ankles inside Magic Circle, press out on circle • Hundred with bent knees, ankles inside Magic Circle
Roll Up • Ball between thighs, feet hip width apart
Leg Circles • When the surgical leg is in the air, create support by bending the bottom leg and the leg in the air to keep pelvis stable.
Single Leg Stretch • Two variations: first with foot on mat, then later with foot up
Double Leg Stretch
Spine Stretch Forward

• If sitting upright hurts (posterior incision or hip flexion limitation) or creates a rounded lower back, elevate by sitting on something like a small barrel, small hard ball, yoga block, or small Pilates box.
Saw • Use previous elevation if needed • Magic Circle between the feet • If needed, put the back hand down on the mat for support
Swan • For anterior incision - use a rolled towel or pad under the groin/hip crease to prevent stress on incision
Singe Leg Kick • Keep rolled towel under groin if needed • If pain, slide elbows forward to decrease extension • Make kicks smaller if pain
Double Leg Kick • Keep rolled towel under groin if needed • Make kicks smaller if pain
Shoulder Bridge • Squishy ball or Magic Circle between thighs
Side Kicks (Non-Surgical Leg on top – only do this side if no pain to rest on incision) • Front Back Side Kicks (Surgical Leg on top) • Front Back with Top Knee Bent to reduce pressure on incision

• Up Down with Top Knee Bent to reduce pressure on incision
Clamshell
Mini Plank (Start with knees on ground, then lift them)