

Hampshire Hospitals



NHS Foundation Trust

HIP REPLACEMENT

PHYSIOTHERAPY EXERCISE SHEETS

Orthopaedic Department

POST-OPERATIVE EXERCISES – Weeks 1-2

RAPID RECOVERY HIP REPLACEMENT



POST-OPERATIVE EXERCISES – Weeks 1-2

1. Hip Abduction exercise in standing



- Keep your body straight throughout the exercise. Stand holding onto a firm surface.
- With your knee straight, take your operated leg out to the side keeping your foot pointing forward.
- Hold for a count of 3.

Slowly return until your foot is on the floor.

Repeat 10 times, 2-3 times per day.

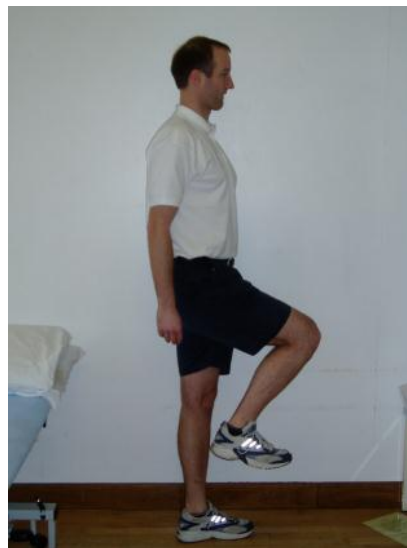
2. Buttock contractions and Bridging



- Lie on your back.
- Bend both knees until your feet are flat on the bed.
- Squeeze your buttocks and lift them off the bed as far as you can.
- Try to keep your pelvis level throughout the movement and hold for 5 seconds at the top.
- Slowly lower back down.

Repeat 10 times, 2-3 times per day.

3. Hip flexion in standing



- Keeping your body upright throughout the movement and hold onto a firm surface.
- Bring your knee up to the same level as your operated hip.
- Hold for 2-3 seconds.
- Slowly lower back down.

Repeat 10 times, 2-3 times per day.

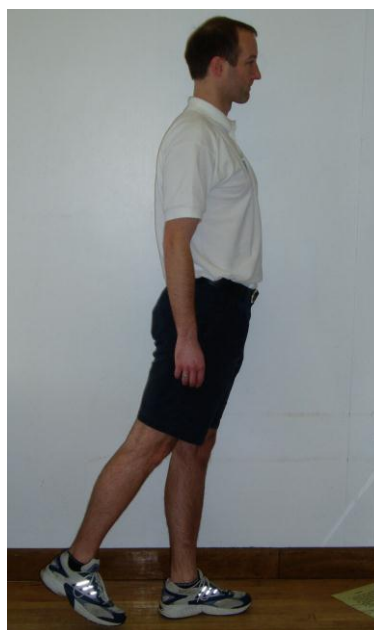
4. Supine Hip Abduction exercise (lying)



- Lying flat on your back.
- Keeping toes pointing up towards the ceiling and your heel on the bed, take your operated leg out to the side as far as possible.
- Hold for 2-3 seconds.
- Return slowly.

Repeat 10 times, 2-3 times per day.

5. Hip extension in standing



- Keeping your body upright throughout the movement and holding onto a firm surface.

- Take your operated leg backwards slowly, as far as possible, so your foot is off the floor.
- Hold for 5 seconds.
- Return slowly back to the floor.

Repeat 10 times, 2-3 times per day.

6. Prone lying hip extension



- Lying on your stomach keeping your legs straight, lift your operated leg up towards the ceiling so your knee is clear of the bed.
- Try and keep your pelvis in contact with the bed.
- Hold for 5 seconds at the top.
- Slowly lower back down.

Repeat 10 times, 2-3 times per day.