

Hampshire Hospitals



NHS Foundation Trust

HIP REPLACEMENT

PHYSIOTHERAPY EXERCISE SHEETS

Orthopaedic Department

POST-OPERATIVE EXERCISES

6 Weeks to 6 months

RAPID RECOVERY HIP REPLACEMENT



POST-OPERATIVE EXERCISES

6 Weeks to 6 months

1. Side lying hip abduction



- Lay on your side with your operated leg on top.
- Lift your operated leg as high as possible keeping your knee straight and foot pointing forward.
- Hold for 5 seconds.
- Return slowly back to the bed.

Repeat 20 times, 3 times per day.

2. Side lying hip rotation



- Lay on your side with your operated leg on top.

- Bend both knees to a 45 degree angle.
- Keeping your ankles together, slowly roll your operated leg up as far as possible.
- Hold for 5 seconds.
- Return slowly back to the starting position.

Repeat 20 times, 3 times per day.

3. 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 20 times, 1-2 times per day.

4. Side Step Up



- Holding on to a firm surface if possible
- Put your operated leg sideways onto a step
- Straighten your knee on the operated side taking the other foot off the floor
- Hold for 5 seconds
- Slowly lower down until your un-operated foot is back on the floor.

Repeat 20 times, 3 times per day.

5. Squats



- Holding onto a firm surface.
- Feet shoulder width apart.

- Bend both your knees into a half squat taking your knees over your toes. Hold for 3-5 seconds.
- Straighten your knees to return to a standing position.

Repeat 20 times, 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 20 times, 3 times per day.

7. Prone Hip Extension with Knee Flexion



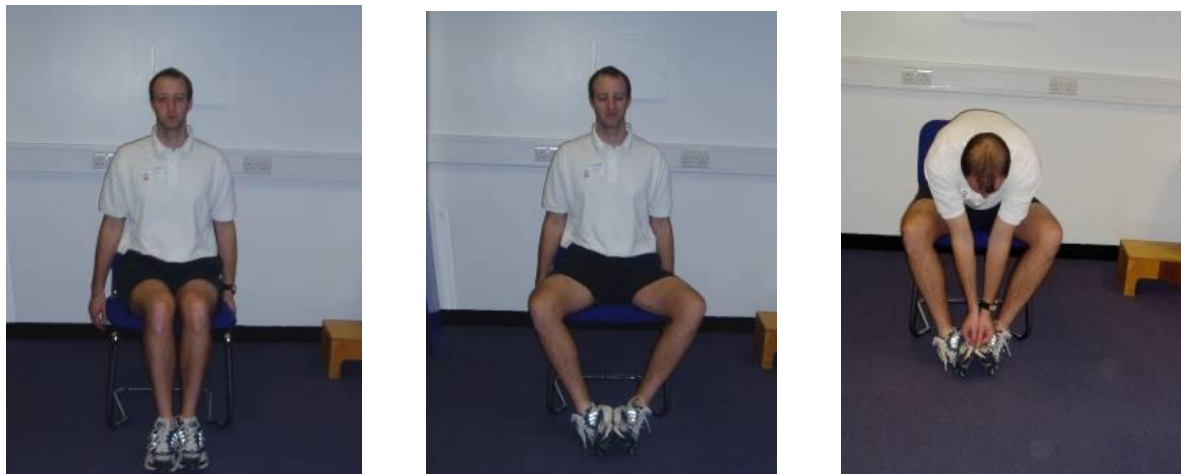
- Lie on your stomach.
- On your operated leg bend your knee to a 90 degree right angle.
- Keep knee bent as you raise your operated leg off the bed, trying to keep your pelvis in contact with the mattress.
- Hold in this position for 5 seconds.
- Return slowly back down.

Make sure you do not arch your back when lifting your hip.

Repeat 20 times, 3 times per day.

Bending and picking things up advice

8. Bending when sitting



- With your feet turned in and your knees wide apart you may bend forward slowly.
- Keep your body and your elbows between your knees. (as shown above)
- Avoid twisting to the either side.

9. Two ways of picking things up

Method 1



Extend your operated leg out behind you to avoid flexing your hip beyond a right angle.

Method 2



Place your feet wide apart bend your knee as shown keeping your arms inside your legs.

After 6 months it is recommended that you put in place a maintenance programme of exercise 3 times per week - undertaking all the above exercises.