



Hampshire Hospitals
NHS Foundation Trust

Department of Trauma and Orthopaedic Surgery

Advice and exercises for before and after your total hip replacement

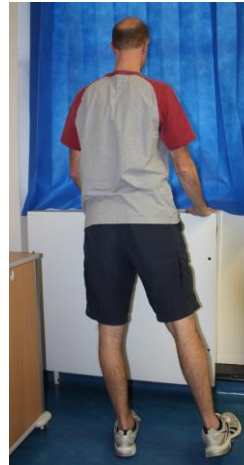
**Information for patients,
relatives and carers**

Exercises to do BEFORE your hip operation

1. Hip abduction while standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- With your knee straight, take your affected ('bad') leg out to the side, keeping your foot pointing forwards.
- Hold for three seconds.
- Slowly bring your leg back to the starting position, with your foot on the floor.

Aim to do this exercise 10 times, once or twice a day.



2. Hip flexion while standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- Bring your knee on the affected ('bad') side up to the same level as your hip.
- Hold for three seconds.
- Slowly lower your leg back down to the starting position, with your foot on the floor.

Aim to do this exercise 10 times, once or twice a day.



3. Hip extension when standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- Slowly take your affected leg back as far as you can, so that your foot is on the floor.
- Hold for five seconds.
- Slowly lower your leg back down to the starting position, with your foot on the floor.

Aim to do this exercise 10 times, once or twice a day.



4. Buttock contractions and bridging

- Lie on your back on the bed.
- Bend both of your knees until your feet are flat on the bed.
- Squeeze your buttocks and lift your bottom off the bed as high as you can. Hold for five seconds.
- Try to keep your pelvis level throughout the movement.
- Slowly lower back down.

Aim to do this exercise 10 times, once or twice a day.



5. Supine (lying down) hip abduction exercise

- Lie flat on your back on the bed.
- Keeping your toes pointing up towards the ceiling and your heel on the bed, take your affected leg out to the side as far as possible.
- Hold for three seconds.
- Slowly return your leg to the starting position.

Aim to do this exercise 10 times, once or twice a day.

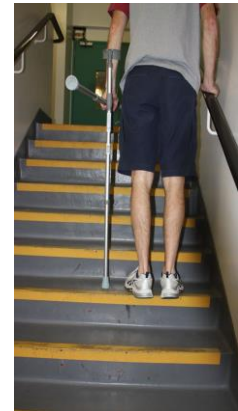


Stairs

Try to practice going up and down stairs with your crutches **before** your operation.

Going upstairs

- Use one crutch as normal, keeping it in contact with the floor. Use the same hand to grasp the second crutch in a T shape. Hold onto the stair rail (bannister) with your other hand.
- Place the foot of your good (non-operated) leg onto the step above.
- Bring your bad (operated) leg up to join it.
- Then bring your crutches on to the same step as your feet.
- Repeat until you reach the top.



Going downstairs

- Use one crutch as normal, keeping it in contact with the floor. Use the same hand to grasp the second crutch in a T shape. Hold onto the stair rail (bannister) with your other hand.
- Place your crutch onto the step below.
- Place the foot of your bad (operated) leg onto the step below.
- Bring your good (non-operated) leg down to join it.
- Then bring your crutches on to the same step as your feet.
- Repeat until you reach the bottom.



Getting in and out of a car

Try to practice this with your crutches **before** your operation.

Preparation

- Avoid getting in or out of a car parked closely against the kerb. You will need enough room to place your feet into the road when getting in or out of a car.
- Always use the front passenger seat. Ask someone to move it back as far as possible to give you room to get in. If you have long legs, make sure that the driver's seat is also moved back as far as possible before you get in (see no.3 of 'Getting in'). Reclining the back of the passenger seat will give you even more room.
- Place a plastic bag on the passenger seat to help you slide back and into position more easily. Remember to remove it from under you before the start of the journey to prevent slipping.

Getting in

1. Turn with your walking aids until the back of your legs are touching the car, then hand your walking aids to the driver.
2. Keeping your operated leg out in front of you, lower yourself down onto the car seat, holding on to the dashboard with your right hand and the back of the passenger seat with your left hand.
3. Slide your bottom across the passenger seat towards the handbrake. If you have long legs, you may need to slide right across to the driver's seat to get your legs into the car.
4. Lift your legs around and into the car with as little twisting as possible.
5. Keep your operated leg out straight and your toes pointing upwards until you are comfortably in your seat. To prevent slipping during the journey, remember to remove the plastic bag from under you once you have sat down.
6. Remember to reach for the seatbelt with your left hand to avoid twisting.

Please note

If there is a fixed or raised armrest, or any other obstruction between the two front seats which would prevent you from sliding across:

- Fully recline the front passenger seat after pushing it back as far as it will go.
- You will now be able to slide up and backwards along the seat and its back, bringing your legs into the car at that point.
- Ask the driver to return the seat to an upright position.

Getting out

- Move your bottom back towards the driver's seat.
- Lift your legs out of the car and slide forward to the edge of the passenger seat.
- Place your left hand on the back of the seat and your right hand on the dashboard (not the car door) and push yourself up to stand. Take your walking aids from the driver.

Exercises to do AFTER your hip operation (first two weeks)

1. Supine (lying down) hip abduction exercise

- Lie flat on your back on the bed.
- Keeping your 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 three seconds.
- Slowly lower back down.



Repeat this exercise 10 times, two or three times a day.

2. Heel slide

- Lie flat on your back on the bed.
- Slowly bend the knee of your operated leg, and slide your foot towards your bottom.
- Hold for three seconds.
- Gently slide your heel back down, making sure that your knee returns to being fully straightened after each repetition.



Repeat this exercise 10 times, twice a day.

3. Buttock contractions and bridging

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



Repeat this exercise 10 times, two or three times a day.

4. Hip abduction exercise while standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- With your knee straight, take your operated leg out to the side, keeping your foot pointing forwards.
- Hold for three seconds.
- Slowly bring your leg back to the starting position, with your foot on the floor.

Repeat this exercise 10 times, two or three times a day.



5. Hip flexion when standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- Bring your knee on the operated side up to the same level as your hip.
- Hold for three seconds.
- Slowly lower your leg back down to the starting position, with your foot on the floor.

Repeat this exercise 10 times, two or three times a day.



6. Hip extension while standing

- Keep your body upright throughout the exercise. Stand holding on to a firm surface.
- Slowly take your operated leg back as far as you can, so that your foot is off the floor.
- Hold for five seconds.
- Slowly lower back down to the starting position, with your foot on the floor.

Repeat this exercise 10 times, two or three times a day.



Exercises to do AFTER your hip operation (weeks two to six)

1. Hip abduction lying on your side

- Lie flat on your unaffected side, with your operated leg on top.
- Lift your operated leg as high as possible, keeping your knee straight and your foot pointing forward.
- Hold for five seconds.
- Slowly lower your leg back down to the starting position.



Repeat this exercise 10 times, three times a day.

2. Hip rotation lying on your side

- Lie flat on your unaffected side, with your operated leg on top.
- Bend both of your knees to a 45-degree angle.
- Keeping your ankles together, slowly lift your operated leg up as far as possible.
- Hold for five seconds.
- Slowly lower your leg back down to the starting position.



Repeat this exercise 10 times, three times a day.

3. Buttock contractions and bridging

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



Repeat this exercise 10 times, two or three times a day.

4. Side step up

- Hold on to a firm surface if possible.
- Lift your operated leg sideways onto a step.
- Straighten your knee on the operated leg, while taking your other foot off the floor.
- Hold for five seconds.
- Slowly lower back down until the foot on your non-operated side is back on the floor.



Repeat this exercise 10 times, three times a day.

5. Squats

- Hold on to a firm surface.
- Stand with your feet shoulder width apart.
- Bend both of your knees into a half squat, taking your knees over your toes.
- Hold for three to five seconds.
- Straighten your knees to return to a standing position.



Repeat this exercise 10 times, three times a day.

6. Hip extension while lying on your tummy

- Lying on your tummy and keeping both legs straight, lift your operated leg towards the ceiling until your knee is no longer touching the bed. Hold for five seconds.
- Slowly lower your leg back down.
- Try to keep your pelvis in contact with the bed at all times.



Repeat this exercise 10 times, three times a day.

7. Hip extension while lying on your tummy

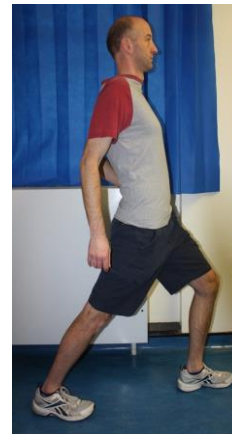
- Lying on your tummy and keeping your good leg straight, bend your operated leg.
- Lift your operated leg up towards the ceiling until your knee is no longer touching the bed.
- Slowly lower your leg back down.
- Try to keep your pelvis in contact with the bed at all times.



Repeat this exercise 10 times, three times a day.

8. Hip stretch while standing

- Stand up, taking your operated leg behind you.
- Bend your other knee and stand tall.
- Lean into the stretch and hold for 10 seconds.
- You should feel a pull along the front of the thigh on your operated leg.



Repeat this exercise five times, three times a day.

From six weeks to six months after surgery

Unless we have advised you otherwise, continue doing exercises 1 to 8, twice a day, increasing to 20 repetitions of each.

From six months after surgery

Unless we have advised you otherwise, continue doing exercises 1 to 8, two to three times a week for the lifetime of your hip replacement.

Advice to follow when bending over

We suggest you use these methods to bend over for the lifetime of your hip replacement.

Bending when sitting

- With your knees wide apart, you can bend forward slowly.
- Keep your body and your elbows between your knees as you bend.
- Avoid twisting to either side.



Bending when standing

Method 1

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



Method 2

Place your feet wide apart, bending your knees as shown, keeping your arms inside your legs.



Contact us

If you have any questions, problems or need advice once you are at home, please do not hesitate to contact us on one of the numbers below.

Orthopaedic education and follow-up clinic

Telephone: [01256 313580](tel:01256313580)

Email: oefujointreplacementclinic@hhft.nhs.uk

Basingstoke and North Hampshire Hospital

- Orthopaedic Ward (D5)
Switchboard: [01256 473202](tel:01256473202) then ask for the Elective Orthopaedic Ward
- Basingstoke Therapy Services (occupational therapy and physiotherapy)
Telephone: [01256 313205](tel:01256313205)

Royal Hampshire County Hospital

- Winchester Elective Orthopaedic Ward
Switchboard: [01256 863535](tel:01256863535) then ask for the Elective Orthopaedic Ward
- Winchester Therapy Services (occupational therapy and physiotherapy)
Telephone: [01962 825670](tel:01962825670)

If you are treated for a DVT (blood clot) or prescribed antibiotics for problems with your wound, please contact the orthopaedic joint review clinic for advice on [01256 313459](tel:01256313459)

Your feedback is important to us

Comments, concerns, compliments, and complaints

If you have any comments, concerns, compliments, or complaints about your care, please let us know as soon as possible. Please speak to the nurse in charge, ward sister or matron so that we can help to resolve your concerns quickly.

PALS and complaints

You can contact the PALS and complaints team by telephone on [01256 486766](tel:01256486766) or via email at PALSandcomplaints@hhft.nhs.uk

This booklet is available in other formats, including large print and Easy Read, from the PALS team.

www.hampshirehospitals.nhs.uk