

Department of Trauma & Orthopaedic Surgery

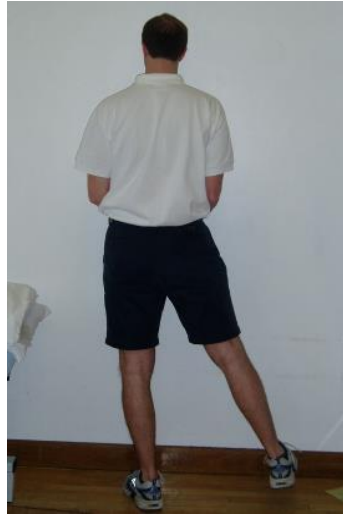
HIP REPLACEMENT

EXERCISE & PHYSIOTHERAPY



PRE-OPERATIVE EXERCISES

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 affected 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, 1-2 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, 1-2 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 affected hip.
- Hold for 2-3 seconds.
- Slowly lower back down.

Repeat 10 times, 1-2 times per day.

4. Supine hip abduction exercise (lying)



- Lie flat on your back.
- 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 2-3 seconds.
- Return slowly.

Repeat 10 times, 1-2 times per day.

5. Hip extension in standing



- Keeping your body upright throughout the movement and holding onto a firm surface.
- Take your affected 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, 1-2 times per day.

POST-OPERATIVE EXERCISES - Weeks 1 to 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.

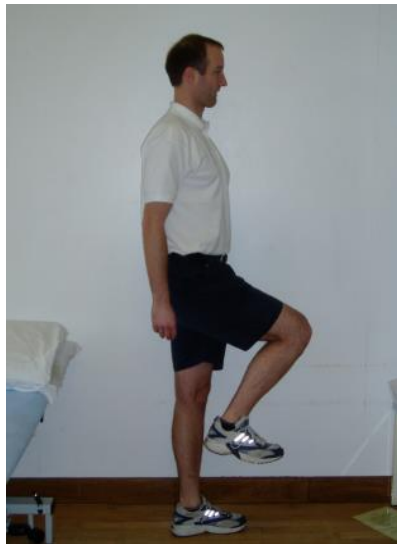
2. Buttock contractions and bridging



- 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)



- Lie flat on your back.
- 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 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.

POST-OPERATIVE EXERCISES - Weeks 2 to 6

1. Side lying hip abduction



- Lie 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 10 times, 3 times per day.

2. Side lying hip rotation



- Lie 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 10 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 10 times, 3 times per day.

4. Side step up



- Hold onto 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 10 times, 3 times per day.

5. Squats



- Hold 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 10 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 10 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 your 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 10 times, 3 times per day.

POST-OPERATIVE EXERCISES - 6 Weeks to 6 months

1. Side lying hip abduction



- Lie 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



- Lie 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, 3 times per day

4. Side step up



- Hold onto 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



- Hold 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 your 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

ADVICE ON BENDING AND PICKING THINGS UP - This advice should be followed forever.

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 either side.

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 knees as shown, keeping your arms inside your legs.