

Hip Replacement Rehabilitation

DO THE FOLLOWING EXERCISES EVERY 1-2 HOURS YOU ARE AWAKE AFTER YOUR SURGERY:

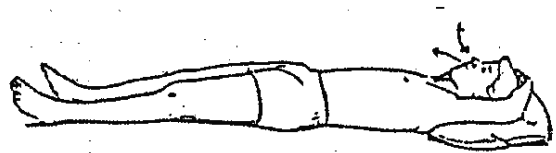
These exercises are a guide

there is no substitute for a good walk.

But if stuck at home be sure to follow!

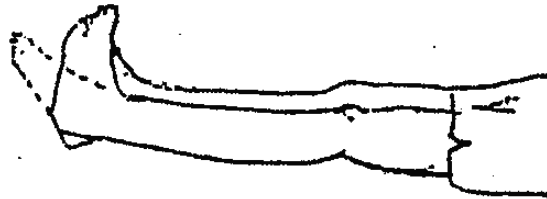
DEEP BREATHING EXERCISES:

- Take a slow, deep breath – in through your nose, out through your mouth.
- If you become dizzy, take a short break.
- You can do this sitting or lying on your back.
- **Do 5-10 repetitions.**



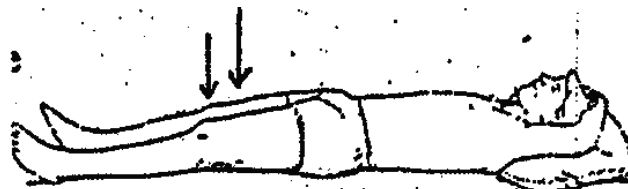
ANKLE PUMPS:

- Bend your ankles up toward your body and then point your feet away from your body.
- **Do 10 repetitions.**



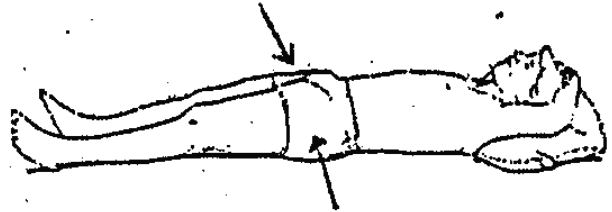
QUADRICEPS CONTRACTIONS:

- With your knee straight, push your knee firmly into the bed, tightening the muscles on the front of your thigh.
- **Hold to a count of 5.**
- **Do 10 repetitions.**



GLUTEAL CONTRACTIONS:

- Lying on your back, squeeze your buttocks firmly together.
- **Hold to a count of 5.**
- **Do 10 repetitions.**



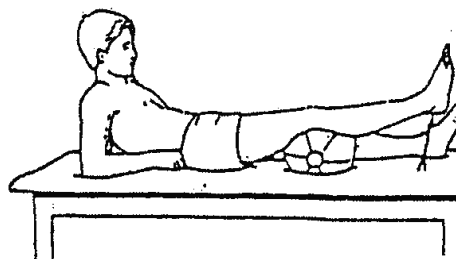
RANGE OF MOTION – Lying:

- Lying on your back with a sheet around your foot, cross sheet and hold in hands.
- Bend up your hip/knee.
- When you have bent it as far as possible, gently pull up on the sheet to bend further.
- **Hold for a count of 5 and slowly straighten.**
- **Do 10 repetitions.**
- **Do 4 times per day.**



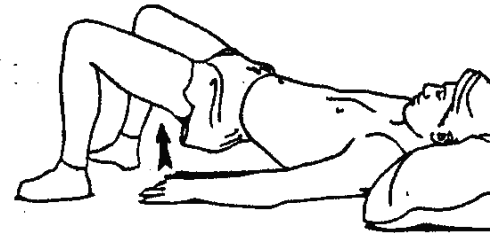
QUADS OVER KNEE ROLL:

- Lying on your back with a roll under your knee, push your knee down onto the roll and lift your heel off the bed, straightening your knee.
- Keep knee on the roll. (At home use a large juice or coffee can wrapped in a towel for a roll).
- **Hold to a count of 5 and slowly lower.**
- **Do 10 repetitions.**
- **Do 4 times per day.**



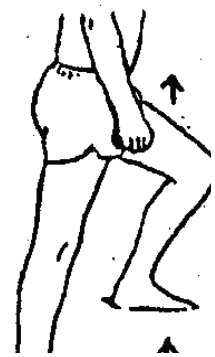
. BRIDGING:

- Lie on your back with both knees bent up.
- Push through your feet and raise your buttocks, keeping your stomach tight.
- **Hold for a count of 5 and slowly lower.**
- **Do 10 repetitions.**
- **Do 2 times per day.**



. STANDING HIP FLEXION:

- Holding on to a firm surface, lift foot up onto a step or stair, then off again.
- **Do 10 repetitions.**
- **Do 2 times per day.**



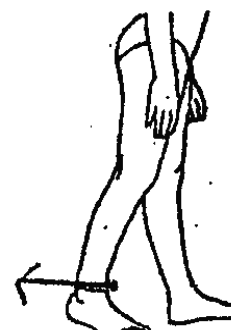
STANDING HIP ABDUCTION:

- Holding on to a firm surface, raise straight leg out to the side and lower.
- **Do 10 repetitions.**
- **Do 2 times per day.**



. STANDING HIP EXTENSION:

- Holding on to a firm surface, raise straight leg backwards and lower.
- **Do 10 repetitions.**
- **Do 2 times per day.**



Remember

Precautions

First 6 weeks

- No Driving
- No Flexion beyond 90 degrees
- No crossing legs
- No Twisting
- No leg weights

After 6 weeks

- Driving allowed
- Flexion greater than 90 degrees
- Crossing legs allowed
- No twisting
- No leg weights
- Encourage swimming, cycling and elliptical training

Most Patient back to work by 12 weeks

Long-term can do recreational sports e.g golf, doubles tennis, curling, cycling etc

No impact sports allowed

Impact Sports only for Hip Resurfacing patients at 9 months post surgery.