

## EXERCISE PROGRAMME

### Walking

Walk with your crutches/frame as shown by your physiotherapist. You should aim for short regular walks initially, building up distance as tolerated.

### Stairs

Protect your operated leg when climbing a stairs as follows:

**Going up:** Lead with your **UN-OPERATED** leg first then operated leg. One step at a time.

**Going Down:** Crutch down first, then **OPERATED** leg. One step at a time.

### RETURN TO ACTIVITY

**\*Please discuss with your Consultant prior to recommencing any of these activities\***

- Aim to return to driving 6 weeks after surgery or once you are able to walk well without crutches.
- Aim to return to swimming 6 weeks after surgery.
- Aim to return to using a stationary bicycle 6-8 weeks after surgery so long as the saddle is high enough to ensure that your knee does not go higher than your hip.
- Running/ high impact activities are not allowed after your hip replacement.

PHYSIOTHERAPY DEPARTMENT  
SOUTH INFIRMARY VICTORIA UNIVERSITY  
HOSPITAL  
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## TOTAL HIP REPLACEMENT EXERCISE PROGRAMME

**The aim of this booklet is to:**

- ◇ Outline the exercises that you will do in hospital and at home. These exercises will be shown to you by your physiotherapist.
- ◇ If you have any questions during your stay, please don't hesitate to ask your physiotherapist.

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## POST OPERATIVE MANAGEMENT

Perform exercises four times daily.

### Exercises lying in bed.

#### Deep Breaths

Take 5 deep breaths every hour.

#### Ankle Pumps

Lying in bed, pull your toes up toward you then point them away from you.

Repeat 10 times.



#### Static Quad

Press the back of your knee down into the bed to tense the thigh muscle.

Hold for 3 seconds

Relax for 3 seconds

Repeat 10 times



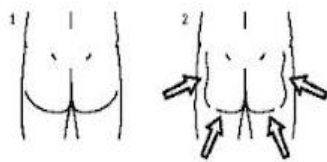
#### Static Gluts

Lying in the bed **on your back**, tense the muscles of your buttocks

Hold for 3 seconds

Relax for 3 seconds

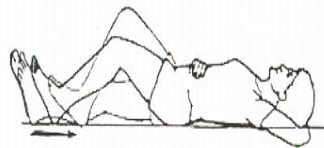
Repeat 10 times



#### Hip flexion

Lying **flat** on your back, bend your knee by sliding your heel on the bed toward your bum. Keep your heel in contact with the bed at all times.

Repeat 10 times



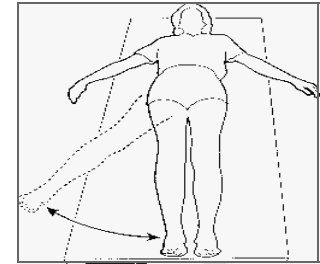
## EXERCISES

### Hip Abduction

Lying on your back. Slide your leg out to the side and back in.

Using a board/plastic bag will help you slide further

Repeat 10 times



### Exercises in standing

*Perform these exercises holding onto a steady surface*

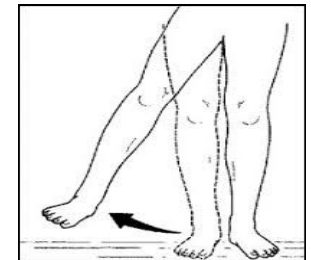
**Hip flexion:** Bring your operated leg up in front and back down to standing position. Do not raise your knee higher than your hip.

Repeat 10 times.



**Hip abduction:** Move your operated leg out to the side and back to standing position.

Repeat 10 times.



**Hip extension:** Slide your operated leg back behind you and return to standing position.

Hold 3 seconds.

Repeat 10 times.

