

## EXERCISE PROGRAMME

### Walking

Walk with your crutches/frame as shown by your physiotherapist. Your physiotherapist will advise you on how far you should be aiming to walk and how often.

### Stairs

If you are allowed to put weight through your operated leg, you should follow these instructions for going up/down stairs:

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

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

If you are not allowed to put weight through your operated leg after surgery, it may be best to arrange to sleep downstairs if possible.

### RETURN TO ACTIVITY

- ◇ **You will be seen by your Consultant around 6 weeks after your surgery. Please discuss progressing from your walking aid and returning to driving, swimming etc. with your Consultant at this stage.**
- ◇ **Running/ high impact activities are not allowed after revision of your hip replacement.**

PHYSIOTHERAPY DEPARTMENT  
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## REVISION TOTAL HIP REPLACEMENT EXERCISE PROGRAMME

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

- ◇ Outline the exercises that you will do in hospital and at home. Your physiotherapist will instruct you on which exercises are most suitable for you, depending on your surgery and how much weight you are allowed to put through your leg.
- ◇ 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



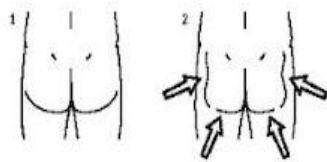
#### Static Gluts

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

Hold for 3 seconds

Relax for 3 seconds

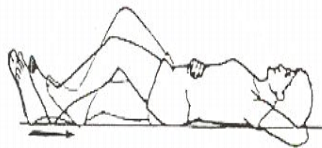
Repeat 10 times



#### 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



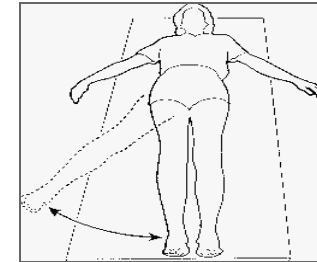
## EXERCISES

#### 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

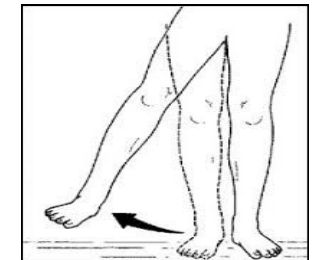
**Hip flexion:** Bring your operated leg up in front and back down to standing position. Do not raise your knee higher than your hip.

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.

