

Patient exercises following a Total Hip Replacement

These exercises will help you on your road to recovery and can be completed on your bed for comfort. **DO NOT** push your hip into excessive discomfort and avoid any positions which bend your hip more than 90 degrees, or twisting movements.

Repeat each exercise 10–15 times, performing 3 sets, 2–3 times a day



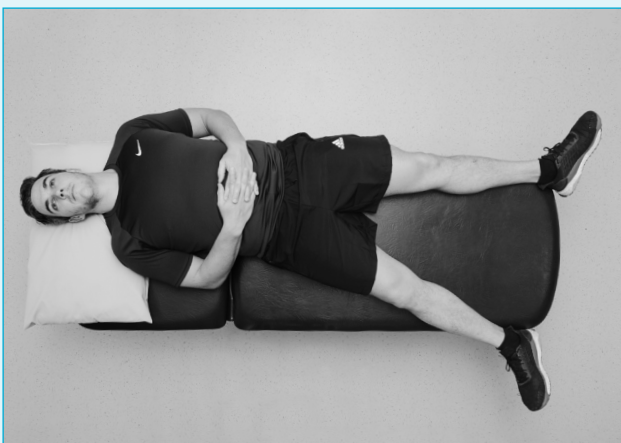
1. Supine hip flexion

Lying on your back, slowly slide your heel towards your bottom, bending at your hip and knee, and then return to the starting position in a slow, controlled manner.



2. Supine hip abduction

Lying on your back, slide your heel outwards in a slow, controlled manner and then slowly return to starting position.



Repeat each exercise 10–15 times, performing 3 sets, 2–3 times a day



4. Glute squeeze

Lying on your back, gently squeeze both of your bottom muscles together as hard as possible.

Hold each rep **for 10 seconds**.



5. Standing hip flexion

In standing, hold onto a stable surface for support. Slowly lift your knee to a comfortable height and then return to the starting position. Keep your pelvis level.



6. Standing hip abduction

In standing, hold onto a stable surface for support. Slowly lift your leg out to the side and then return to the starting position. Keep your body upright throughout: no leaning sideways.



7. Standing hip extension

In standing, hold onto a stable surface for support. Slowly take your knee and foot behind you and then return to the starting position. Keep your body upright throughout: no leaning forwards.