

Exercise Program for Total Hip Replacement

North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver

Now that you have a new hip joint it is important to exercise regularly and follow certain precautions to help your hip recover fully and enable you to resume an active lifestyle.

Precautions Following Your Hip Replacement

Most of the soft tissue healing occurs in the first 12 weeks following surgery. For this reason, we ask that you do NOT attempt any exercise other than those prescribed by your physiotherapist! Doing too much exercise or doing exercises that are too difficult before your tissue heals may cause an injury and increase the risk of dislocation.

- **Do NOT bend your hip past 90°**

When sitting, your hips should be higher than your knees.

Always sit on a high, firm chair at the level of your knees or higher.

Sit on a cushion in your car.

Use a raised toilet seat in the bathroom.

While sitting, do not lean forward to reach for items or to put on your shoes.

Use a reacher or a long-handled shoe-horn instead.

- **Do NOT turn your hip or knee in or out or twist your leg in or out.**

- **Do NOT twist your trunk when standing. Move your feet to turn.**

- **Do NOT cross your legs while sitting.** Use a large pillow between your legs when lying on your side in bed, or while turning over to do your exercises.

- **Do NOT cross your ankles when lying on your back.**

Note: These rules apply for a minimum of 12 weeks. It is a good idea to continue these precautions until about 6 months after your operation or longer.

Always avoid extremes of range of motion.

General Instructions

These exercises will help you to improve your range of motion, muscle strength and mobility after your operation.

Important: Do ONLY the exercises that the therapist has advised you to do.

- Do the exercises daily or until your therapist tells you to change.
- Write the number down in the exercise log at the back of the booklet.
- If your pain increases for more than two hours after exercise, reduce activity and talk to your therapist.
- Use your walking aid until your therapist advises you to stop. Slowly increase the distance you walk daily. Wear good supportive footwear. Walk on a level surface to begin with. Do not increase your walking distance by more than 20% daily.

Stability Exercise

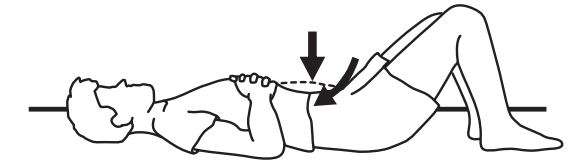
While exercising your leg it is important to protect your back. This exercise helps to strengthen the muscles that help stabilize your lower back.

1. Transversus Abdominis in Lying

Lie on your back with your knees bent and feet flat. Tighten your tummy muscles by pulling your belly button into your spine. Do not flatten your back. Breathe normally.

Hold seconds.

Repeat times.



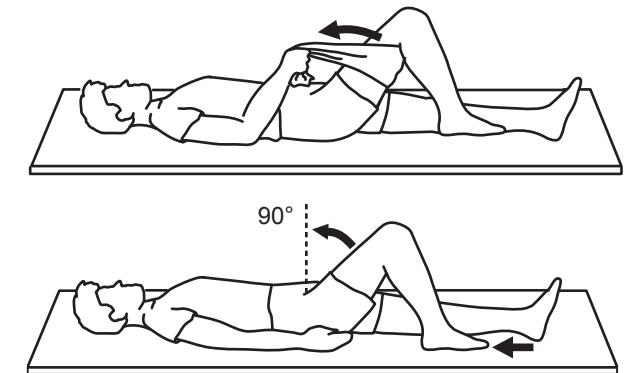
Range of Motion Exercises

These exercises help hip joint movement.

2. Hip Flexion Heel Slides

Lie on your back. Bring one knee up towards chest. **Do not bend past 90°.** You may use a towel behind your thigh to help you.

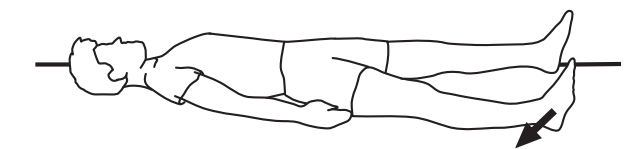
Repeat times.



3. Hip Abduction

Lie on your back with your legs straight and your tummy tucked in. Slide your **operated** leg out to the side. Keep your kneecap and toes pointing to the ceiling. Return to starting position.

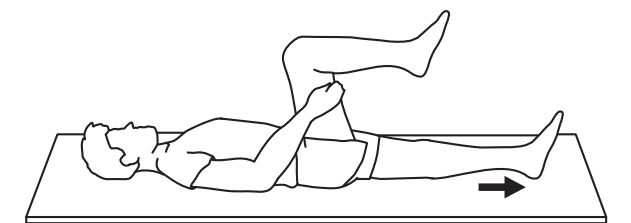
Repeat times.



4. Hip Extension

Lie on your back with both knees bent and feet flat. Hold your **unoperated** leg up towards your chest. At the same time slowly push your **operated** leg into the bed.

Repeat times.



Strengthening Exercises

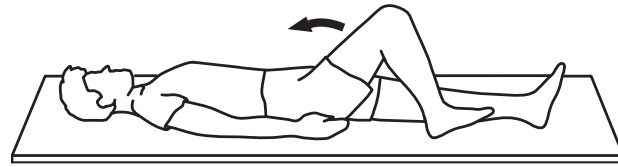
These exercises help improve your muscle strength. Strong muscles will help protect your new hip joint

5. Lying Hip Flexion

Lie on your back. Slide one heel up and lift foot slightly off the bed (to ~60° of hip flexion).

Hold seconds.

Repeat times.

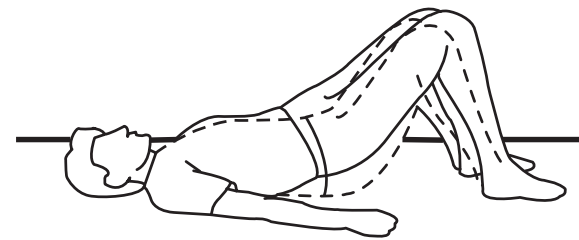


6. Lying Hip Extension

Lie on your back with both knees bent, towel between knees, feet slightly apart. Tuck tummy in, squeeze buttocks and lift hips off the bed.

Hold seconds.

Repeat times.



7. Knee Extension Over a Roll

Place a large can or a rolled towel under the back of your operated leg as shown. Straighten your knee by tightening the muscles on the front of your thigh. Push the back of your knee into the roll.

Hold seconds.

Repeat times.

Add lb. weight to ankle.



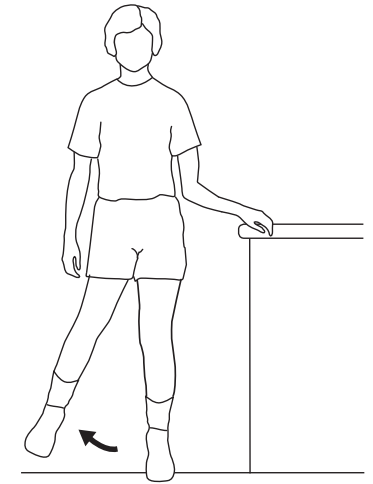
8. Standing Hip Abduction

Stand on the **unoperated** leg, keep your body upright and your tummy tucked in. Hold on to a stable object for support (e.g. counter top). Move your operated leg sideways. Keep your pelvis level, and knee caps and toes pointed forward. Do not lean sideways while lifting your leg. Return leg to center.

Hold seconds.

Repeat times.

Add lb. weight to ankle.



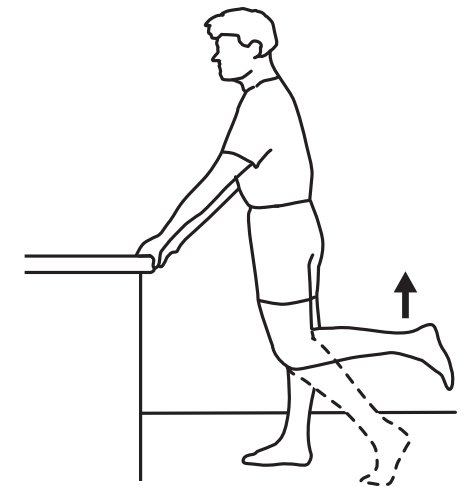
9. Standing Knee Flexion

Stand on your **unoperated** leg. Hold onto a counter for support. Bend your **operated** leg up towards your buttock (keep your thigh in line with your other leg).

Hold seconds.

Repeat times.

Add lb. weight to ankle.



Progression of Strengthening Exercises

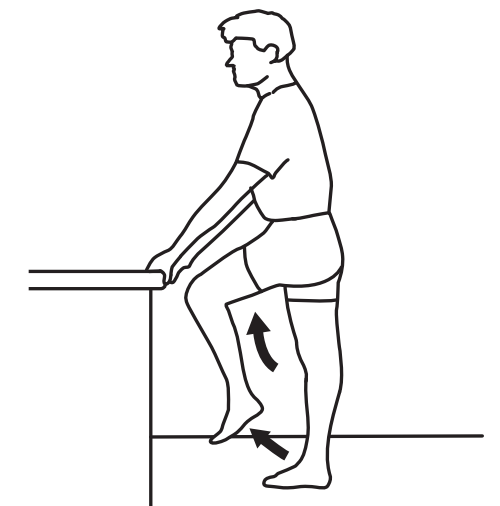
10. Standing Hip and Knee Flexion

Stand on your **unoperated** leg, keep your body upright and tummy tucked in. Hold on to a stable object for support (e.g. counter top). Bend the hip of the **operated** leg to 90°.

Hold seconds.

Repeat times.

Add lb. weight to ankle.



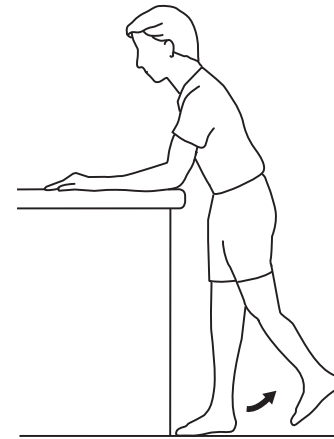
11a. Standing Hip Extension

Stand on your **unoperated** leg, lean your upper body forward. Hold onto a stable object for support (e.g. counter top). Pull your **operated** leg behind you, squeezing your buttock, keeping your knee straight. Keep your knee cap and toes facing forward during movement.

Hold seconds.

Repeat times.

Add lb. weight to ankle.

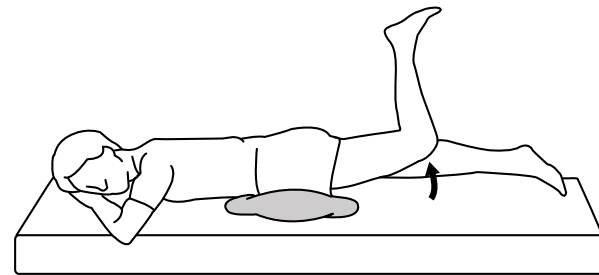


11b. Lying Hip Extension with Knee Bent

Lie on your tummy over pillow. Bend your **operated** leg at the knee. Tighten your tummy muscles and buttock. Lift your thigh off the bed. Make sure pelvis remains flat on the bed.

Hold seconds.

Repeat times.



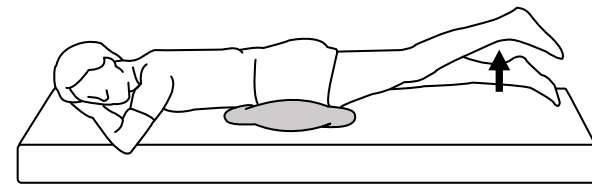
11c. Hip Extension – Long Lever

Lie on your tummy over a pillow. Tighten your tummy muscles and buttock. Lift up your entire leg a few inches. Make sure your pelvis remains flat on the bed.

Hold seconds.

Repeat times.

Add lb. weight to ankle.

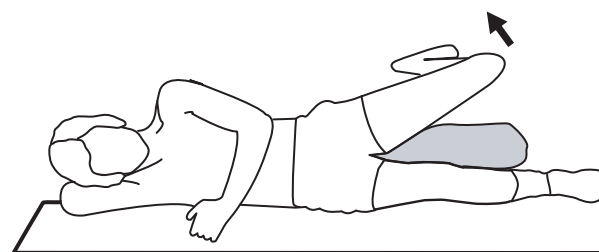


12. Lying on Side Hip Abduction

Lie on your **unoperated** side with a large pillow between your thighs to prevent your top leg from crossing the midline. Bend the knee of your **operated** leg making sure your leg does not rotate in or out. Tighten your tummy muscles. Slowly lift the leg up. Raise about 6 inches. Do not let your hip roll back.

Hold seconds.

Repeat times.



Stretching Exercises

These exercises are to help flexibility in the muscles around your hips.

Always stretch after doing strengthening exercises.

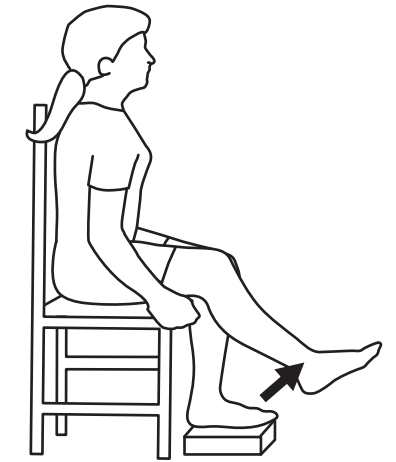
Stretch slowly.

13. Hamstring Stretch

Sit on a hard chair with your hips and knees at 90°. While keeping a straight back slowly straighten one knee until you feel a slight stretch at the back of your thigh.

Hold seconds.

Repeat times.

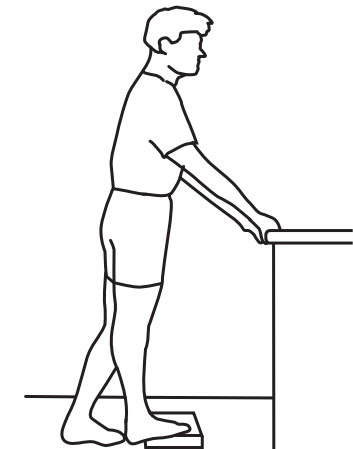


14. Calf Stretch

Stand and place the forefoot of one foot on a 2-3” book. Keep the heel in contact with the floor. Slowly lean forward until you feel a stretch in your calf.

Hold seconds.

Repeat times.

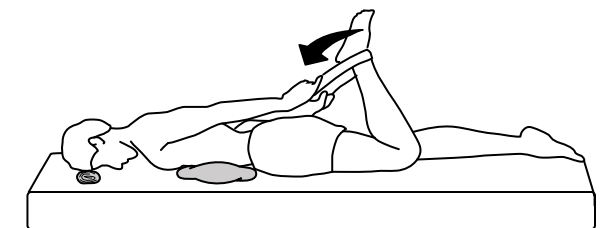


15. Quadricep Stretch

Lie on your tummy over a pillow. Put a folded towel under forehead. Tighten tummy and buttocks. Bend one knee, to pull foot up behind you using a towel around your ankle until you feel a stretch in the front of the thigh.

Hold seconds.

Repeat times.



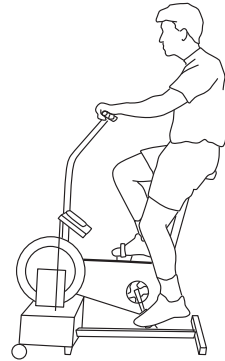
Balance and Advanced Exercises

These exercises are to improve your balance and challenge your body with functional activities.

16. Stationary Bicycle

Adjust seat height to allow the knee to stay lower than your hip. Start slowly and gradually increase the speed. As you improve, add resistance.

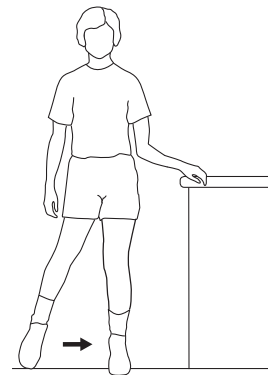
..... minutes.



17. Balance (Early)

Stand with your legs apart and feet parallel. Hold onto a counter if needed. Transfer your weight from one leg to the other. Progress until you can stand on one leg for 10 seconds.

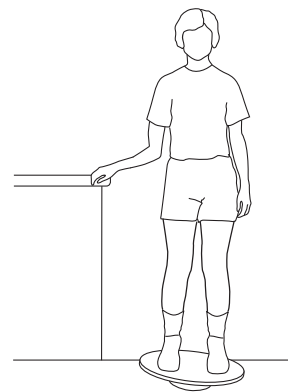
Repeat times.



18. Balance with Wobble Board/Pillow (Late)

Stand on wobble board or a pillow. Hold onto wall or counter for safety. Try to keep your balance.

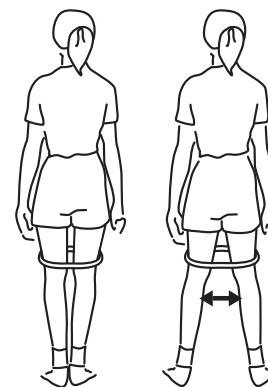
Hold seconds.



19. Hip abduction with Theraband - Sideways Walking

Secure the band firmly above both knees. Tighten your tummy and walk sideways. Keep hips straight and level, toes pointed forwards.

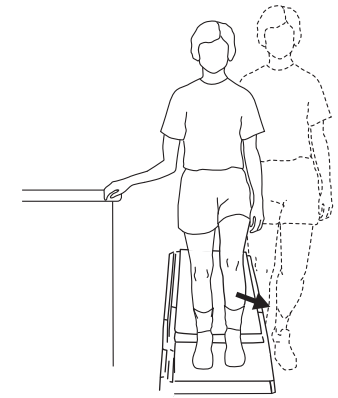
Repeat times.



20. Step up/down (Sideways)

Start with both feet on the floor. Hold onto the counter for support. Step sideways onto the step with the one leg. Follow with the other. Return to the starting position. Do this slowly.

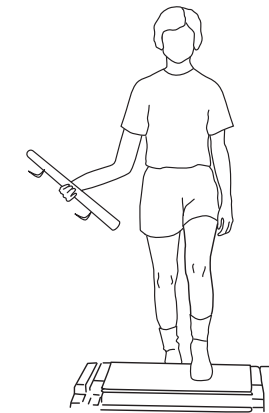
Repeat times.



21. Step Ups (Forward)

Stand facing a low step. Hold onto the rail on your **unoperated** side. Place the foot of the **operated** leg onto the step. Slowly step up. Slowly return to starting position. Progress to not holding rail.

Repeat times.

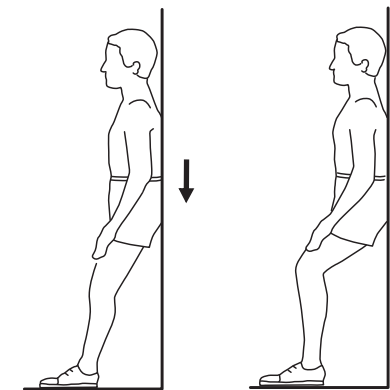


22. Wall Slides

Stand with your back against the wall. Place your feet shoulder width apart and six inches away from the wall. Place your hands on your thighs. Slide down the wall by slowly bending your knees (30-45° maximum). Slide back up the wall.

Hold seconds.

Repeat times.

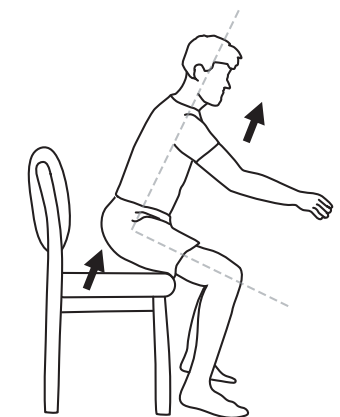


23. Sitting to Standing from a High Chair

Sit on the edge of a **high chair**. Lean forward and slowly stand up without using your hands. Slowly sit back down.

Do not bend past 90°

Repeat times.



Other Exercises Recommended by your Therapist

EXERCISE LOG																								
Exercises	Week Of							Week Of							Week Of									
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Please record the total number of repetitions per day

Graphic images adapted from:
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Therapy Skill Builders
Physio Tools

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