



**Northumbria Healthcare**  
NHS Foundation Trust

# Exercises following your total hip replacement

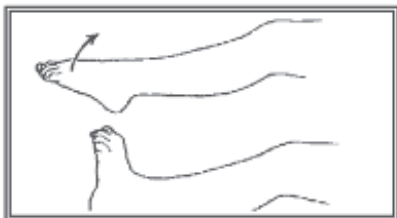
Issued by the Physiotherapy Department

# Physiotherapy department

## Before and immediately after your operation

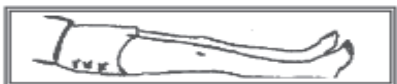
Name of patient \_\_\_\_\_

Signature of therapist \_\_\_\_\_ Date \_\_\_\_\_



### 1/ Ankle exercises

Each time you exercise start by moving your feet up and down rapidly for 2 minutes



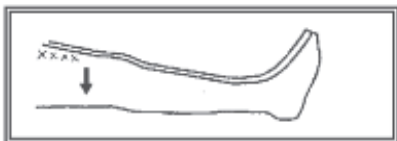
### 2/ Buttock squeezes

Squeeze cheeks of bottom together and hold for 3 seconds.

Do not hold your breath

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day



### 3/ Thigh squeezes

Lie flat on the bed. Turn up your feet and push the back of the knees into the bed straightening your knees. Hold for 3 seconds then relax.

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day



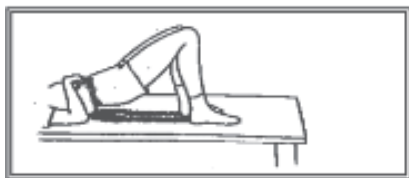
### 4/ Thigh exercises

Turn up your foot and raise leg over roll. Hold for 3 seconds then slowly lower

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

## Before and immediately after your operation

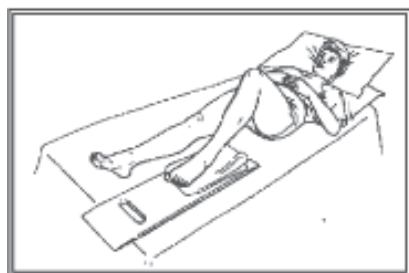


### 5/ Bridging

Lie on back, knees bent and feet flat on the bed. Lift your bottom and hold for 3 seconds then lower

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

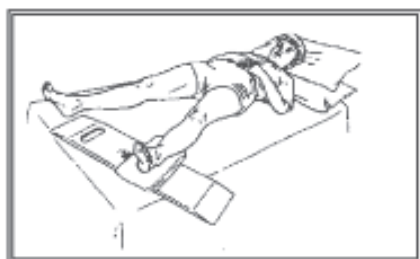


### 6/ Hip and knee bends

You can use a board or a tray for this exercise. Keep the heel down on the board and slide the foot towards you. Hold for 3 seconds then slowly straighten. Remember not to bend the hip more than 90 degrees

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day



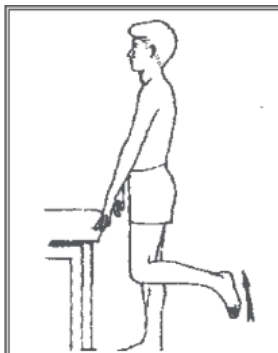
### 7/ Sideways hip exercise

You can use a board for this exercise and at home you can use a tray. Keep the heel down on the board and slide the foot out to the side away from the opposite leg. Hold this position for 3 seconds then slide the leg back to the middle making sure it ends up in line with the body

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

## Before and immediately after your operation



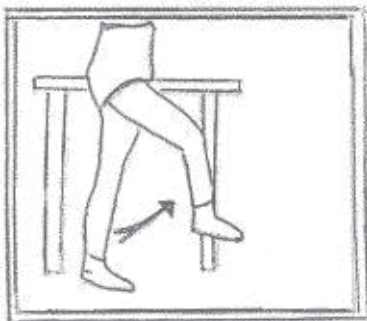
### 8/ Hamstring curls

Stand and hold onto the back of a chair. Bend your knee backwards, heel towards the buttocks. Hold for 3 seconds then slowly place the foot back on the floor

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

Remember walking is good for you, take short walks frequently.

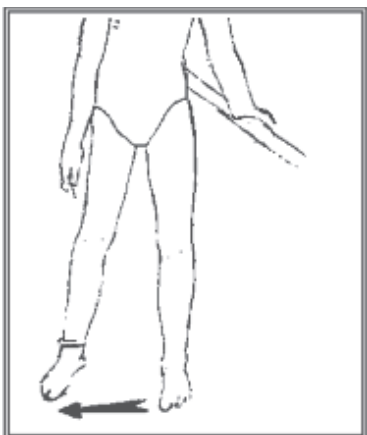


### 9/ Forward hip movements in standing

Hold onto the back of a chair and slowly raise the leg allowing the knee to bend. Hold for 3 seconds then place the foot back on the floor.

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day



### 10/ Sideways hip movements in standing

Hold onto the back of a chair and slowly take the leg out to the side. Hold for 3 seconds then place the foot back on the floor

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

## Before and immediately after your operation



### **11/ backwards hip movements in standing**

Hold onto the back of a chair and slowly take the leg backwards keeping the knee straight. Hold for 3 seconds then place the foot back on the floor

Repeat \_\_\_\_\_ times

Do \_\_\_\_\_ sessions per day

If you require any further advice, your physiotherapist will be happy to help.

Please contact:

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

# Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## Other sources of information

### NHS 111

### NHS Choices

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### NICE (National Institute for Health and Clinical Excellence)

[www.nice.org.uk](http://www.nice.org.uk)

### Patient Advice and Liaison Service (PALS)

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)



PIN 197/V7

Review date: July 2024

© This material is the copyright of the Northumbria Healthcare NHS Foundation Trust.