Exercises following HIP replacement surgery

Perform these exercises on your operated leg unless otherwise noted.

- While you are in the hospital, do 5-10 repetitions of each exercise each hour when you are awake.
- Once you are home, choose six exercises.
- Do two sets of 15 repetitions of each exercise.
- Repeat this two more times each day using a different six exercises.
- Each exercise should be performed at least once each day.

Please note that a gray dot in the illustration indicates the operated hip.

A. Lying on your back

1. Ankle pumps
   - With your leg resting on a surface, pump your ankle forward and back.

2. Buttocks squeezes
   - Squeeze your buttocks together.
   - Hold for 5 seconds.

3. Thigh roll
   - Roll your kneecap inward, then back to the center. Do not lift your buttock off the bed.
4. Thomas stretch

- Lie flat in bed.
- Pull your unoperated leg up towards your chest while pushing your operated leg into the bed.
- You should feel a stretch in the front of your operated hip.
- Hold for 5 seconds.

5. Leg slide

- Slide your leg out to the side.
- Do not lift your leg out of bed.

6. Foot raises

- Place a towel roll or pillow under your knee.
- Raise your foot so that your knee is fully straight.
- Hold for 5 seconds.

7. Knee-to-chest

- While lying down, bring your knee up towards your chest and out sideways.
- Use a towel for assistance as needed.
B. Sitting in a chair

1. Knee to chest

- While sitting, bring your knee up and out.
- Use a towel or your hands for assistance as needed.
- Keep your back straight. Do not lean back.

2. Knee spreads

- Sit in a chair so that your thighs are parallel to the ground. Your feet should be together and positioned flat on the floor.
- Place your hands on the inside of your knees.
- Push your knees apart, keeping your feet together.
- Hold for 5 seconds.

3. Chest to knee

- Position yourself as in the “knee spreads” exercise above.
- With your knees spread apart and your feet together, bend forward at your hips.
- Reach towards the floor with your arms between your legs.
4. Tailor sitting

- Position yourself as in the “chest to knee” exercise on previous page.
- Grab the pant leg or sock of your operated leg.
- Bring the foot of your operated leg towards the knee of your unoperated leg.

5. Foot raises

- Raise your foot so that your knee is fully straight.
- Hold for 5 seconds.

C. Standing with crutches or chair support

1. Knee to chest

- Stand with your back straight.
- Bring your knee up towards your chest.

2. Leg lift to side

- Stand with your back straight.
- Keeping your knee straight, bring your leg out to the side.
3. Leg lift behind

- Stand with your back straight
- Keeping your knee straight, bring your leg behind you.
- Do not bend it forward.

D. Lying on your stomach

1. Leg lift

- Lie fully flat on your stomach.
- Keep your knee straight and lift your thigh up into the air.
- Keep your pelvis flat.

2. Leg lift on all fours

- Position yourself as in the leg lift exercise above.
- Place your hands near your chest, as if to do a push up.
- Push yourself onto your hands and knees.
- Keep your back straight while lifting your leg into the air.