

Physiotherapy Department
Exercises following Total Hip Replacement and
Hip Resurfacing
Dr Patrick Weinrauch Day 1-10

*only do the exercises the physio has told you to do

Circulation and Breathing Exercises

- Plantar and Dorsiflexion/Ankle Pumps 10 x every hour
- Deep breathing and hold breath in 3 seconds 5 x every hour



Hamstring Strength Basic Supine

Bend up knee, push heel down into bed to feel your hamstrings contracting. Hold for 3 seconds and repeat 10x



Quadriceps Inner Range

Place rolled up towel under your knee. Squash back of knee into towel and lift heel off the bed. Hold for 5 seconds and repeat 10x



Hip ROM Heel Slides

Keeping heel in contact with the bed, Slide your heel up towards bottom bending your hip and knee. Repeat 10 x



Double Leg Bridge Supine

Lie with your knees bend up, feet hip width apart. Push through your heels lifting your pelvis off the bed tightening your bottom muscles. Hold for 5 seconds and repeat 10x



Quadriceps Mini Lunge

Stand holding onto rail with operated leg forward. Bend front knee forward, hold then push knee back straight using your thigh muscles. Repeat 10x



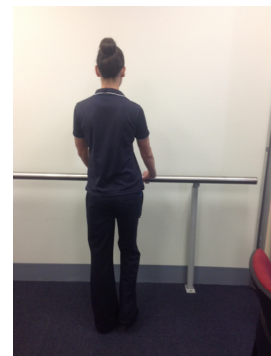
Mini Squats

Standing holding onto rail with your feet wider than your hips. Push your buttock backwards, bend at the hips and knees to a 45degree angle. Straightening back up to the starting position. Repeat 10x



Standing Weight Shift

Standing holding onto rail. Tighten your buttock muscles on one side then shift your weight onto that leg. Slowly lift other leg off ground keeping your buttock muscles tight. Hold for 5 seconds, repeat 10x



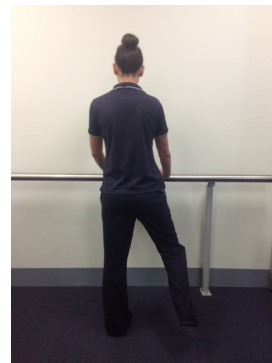
Standing Knee Lifts

Standing holding onto rail. Lift knee up towards the rail. Do not go past 90 degrees at your hip. Repeat 10x each leg



Standing Hip Abduction

Standing holding onto rail. Shift weight to opposite leg. Bend your other knee and move leg out to the side keeping pelvis level. Repeat 10x each leg



Standing Hip Extension

Standing holding onto rail. Shift your weight to opposite leg. Bend your knee forward and then move leg backwards behind you squeezing your buttocks. Repeat 10x each leg





First class treatment. World class results.

Hip Replacement / Resurfacing Precautions

- Avoid bending your hip more than 90 degrees ie do not bend past your waist for 12 weeks (esp avoid twisting/turning your leg inwards at the same time) for example do not wash/dry the outside of your foot.
- No driving for 4 weeks unless advised otherwise. You may travel as a passenger.
- You may sit in ordinary height chairs. You are not required to use an over-toilet frame however you may find one useful during the early stages of your recovery.
- You can lie/sleep/rest on either side
- Avoid impact activities (eg running, jumping, jogging, aerobics, any jarring activities) for 6 months and consult with your surgeon before you resume any of these activities.

Follow up physiotherapy and home exercise program

- It is recommended that you see a private physiotherapist within **1 week** after discharge from hospital and continue weekly physiotherapy sessions as guided by the physiotherapist and your surgeon.
- Physiotherapy will assist in progressing your mobility off crutches and continue with exercises to strengthen and restore range of motion and flexibility to your hip. Physiotherapy can also assist with rehabilitation for return to sport and other activities (if desired).
- Continue to perform all hip lying and standing exercises 3x per day
- Continue to progress walking, building up from 5 – 30 min. continuously.
- Hydrotherapy may also be a useful tool and most surgeons are happy for you to explore this option following their review and ensuring your wound is fully healed. Avoid submersing your wound in water for a minimum of 3 weeks.