

SECTION 4

**Exercises
Following
Total Hip Joint
Replacement**



London Health Sciences Centre



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EXERCISES FOLLOWING TOTAL HIP JOINT REPLACEMENT

The following exercises will be reviewed with you by your physiotherapist (P.T.). They are designed to improve your mobility and your muscle strength following your total hip joint replacement. These exercises will be started on Day 2 of your hospital stay. You need to continue doing these exercises when you go home.

All exercises should be carried out just as they are written. Any questions should be referred to your physiotherapist.

Exercises should be done

two (2) times daily.

Repeat each exercise ten (10) times.

Continue to exercise at home.



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EXERCISES DURING THE FIRST TWO WEEKS AFTER SURGERY

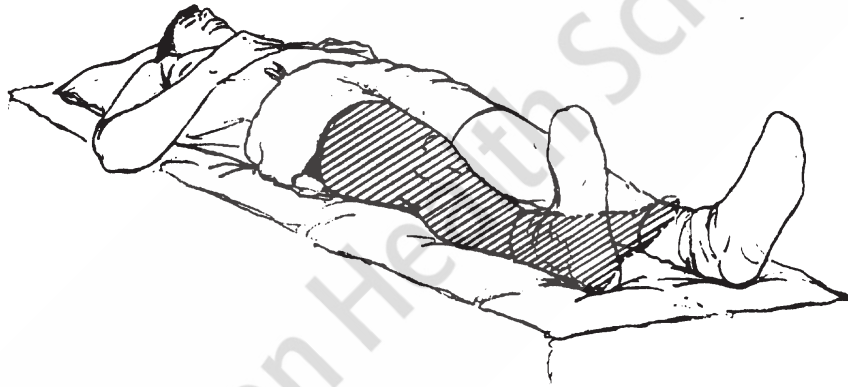
Exercises #1 to #5 are done lying on the bed on your back.

Exercise #1:

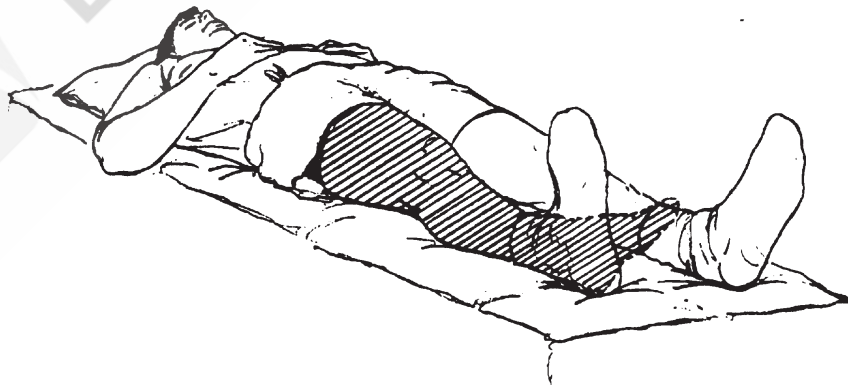
This exercise encourages proper positioning of the operated leg and strengthens the muscles that control your leg rotation. It is important to begin all of the following exercises with your operated leg in this neutral position.

Lying on your back -

1. Roll your operated leg to the neutral position so that your knee cap and toes are pointed towards the ceiling.
2. Hold for a count of 10 seconds. Relax.
3. Do this as often as you can.



1. Keep your ankles moving to prevent them from getting stiff and to help the circulation. Move your feet in a clockwise and counter-clockwise direction. You can do this sitting or lying.
2. Repeat 10 times every hour.

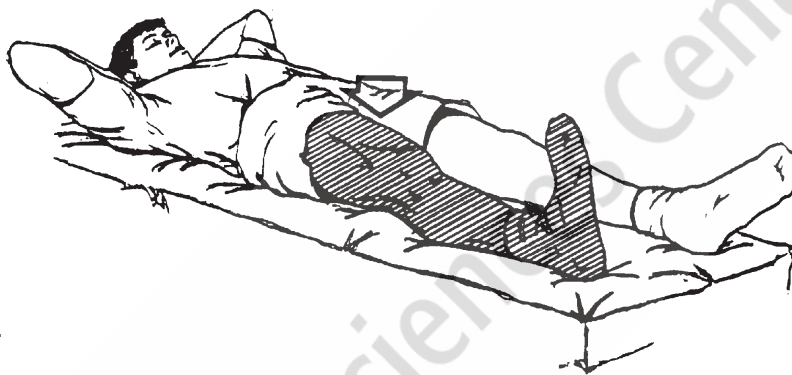


Exercise #2:

***This exercise is to strengthen your thigh and buttock muscle.**

Lying on your back -

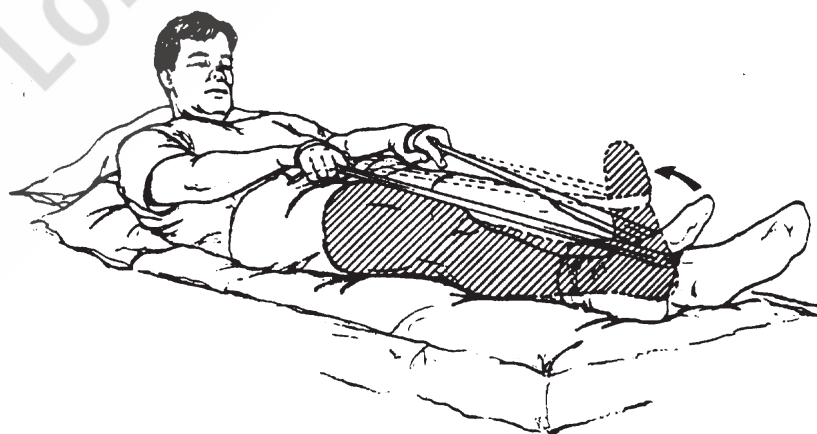
1. Pull your toes up (operated leg) pointed towards the ceiling.
2. Tighten your thigh muscle.
3. Squeeze your buttocks.
4. Press the back of your knee down into the bed.
4. Hold for 5 seconds.
5. Relax.
6. Repeat the exercise 10 times.



Exercise #3:

***This exercise stretches the muscles on the back of your lower leg and ankle.**

1. Loop your strap around the ball of your foot.
2. Keep your heel down and your knee straight. Do not lift your leg off the bed.
3. Pull on the strap (you should feel a stretch along the back of your leg and calf).
4. Hold for 5 seconds.
5. Relax.
6. Repeat the exercise 10 times.

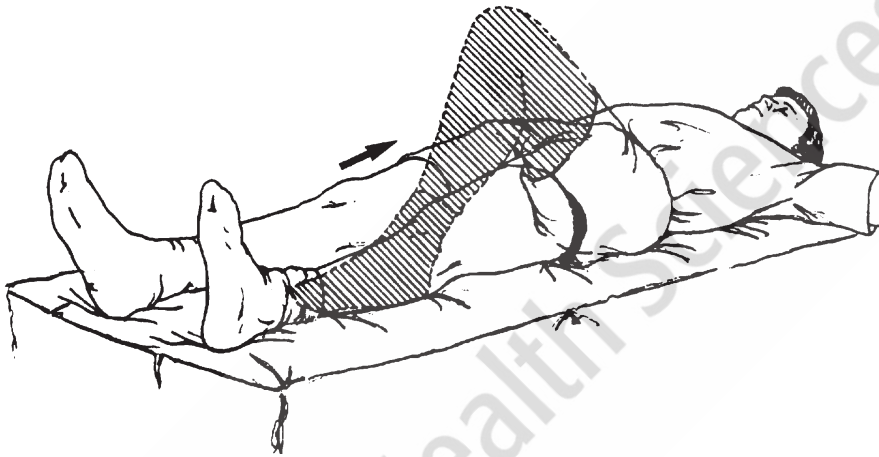


Exercise #4:

Lying on your back with the leg in neutral position -

1. Bend your knee by sliding your heel on the bed.
2. You may use a plastic bag under your heel to help you slide.
3. You may use the strap to assist with the bending if you are having difficulties.
4. Repeat the exercise 10 times.

DO NOT BEND YOUR HIP BEYOND 90°

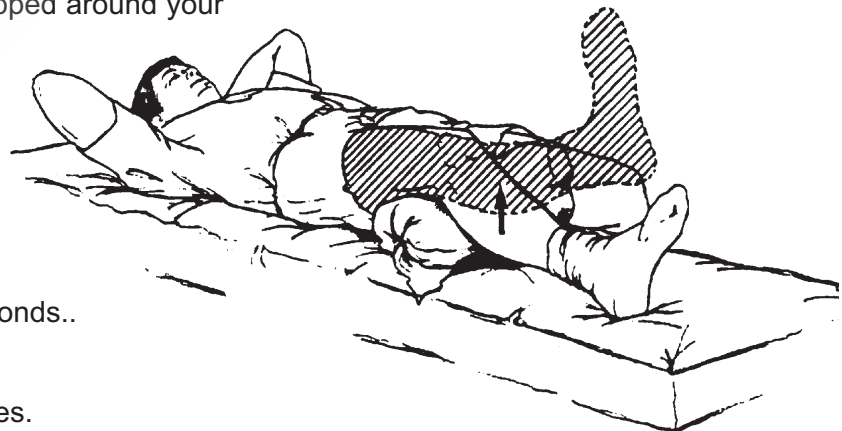


Exercise #5:

***This exercise is to strengthen your thigh muscle.**

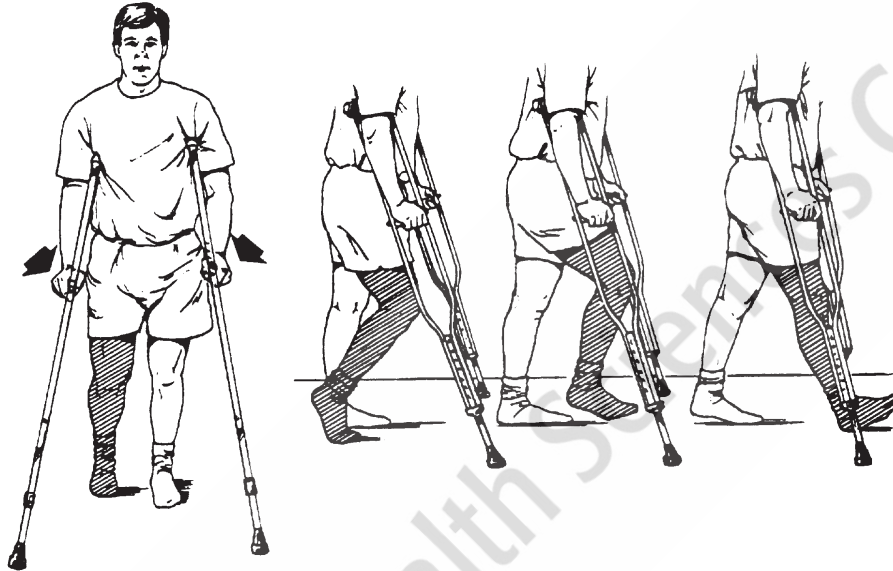
Lying on your back -

1. Place a rolled towel (6 inches in diameter or use a 48 oz. juice can) under your knee of the operated leg.
2. You may use the strap wrapped around your foot to assist with this exercise.
3. Pull your toes up and lift your heel off the bed straightening your knee. Your thigh must remain supported on the roll.
4. Hold your heel up for 5 seconds..
5. Relax.
6. Repeat the exercise 10 times.



POINTS TO REMEMBER:

- use your walking aid until you return to the clinic or until your physiotherapist indicates a change
- use a normal heel toe gait - pick your foot up and take a normal step - keep your big toe pointing forward



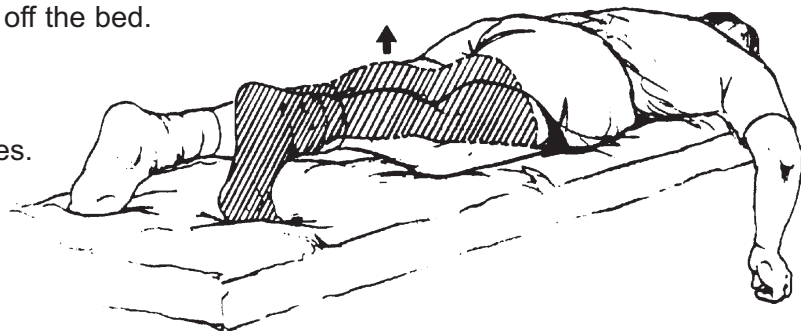
Exercises Two Weeks After Surgery

At two weeks after your surgery your physiotherapist may introduce exercises A to D.

Exercise A:

Lying on your stomach:

1. Place your foot (operated leg) so that the toes are supporting the weight of your leg.
2. Tighten the muscles on the back of that leg.
3. Lift the knee (operated leg) off the bed.
4. Hold for 5 seconds.
5. Relax.
6. Repeat the exercise 10 times.

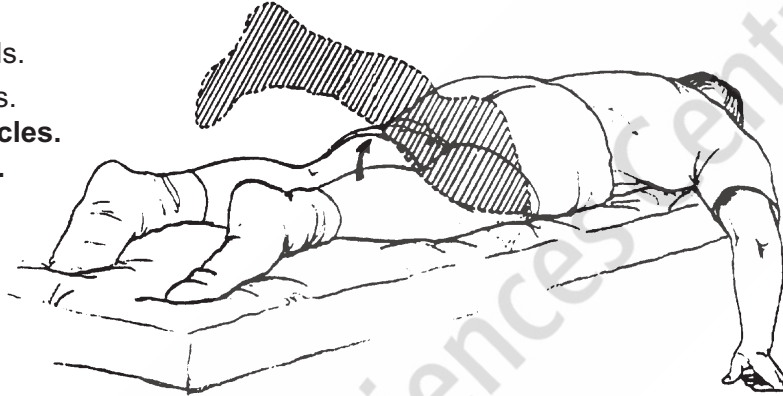


Exercise B:

Lying on your stomach with both legs straight -

1. Raise your operated leg up off the bed about 2 inches.
2. Hold for 5 seconds.
3. Relax to a count of 5 seconds.
4. Repeat the exercise 10 times.

**Do not use your back muscles.
Keep your hips on the bed.**



***These exercises are designed to improve the way you walk.**



Exercise C

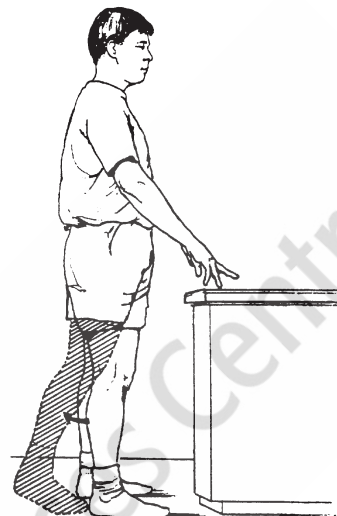
Standing, holding onto the kitchen counter or table - make sure that you do not bend forward at the waist.

1. Bring your knee (operated leg) up in a marching fashion.
Do not bring your knee higher than the level of your hip.
2. Hold for 5 seconds.
3. Relax.
4. Repeat the exercise 10 times.

Exercise D

Standing, holding onto the kitchen counter or table, with your knee straight -

1. Bring the operated leg out behind you.
Do not bend forward at the waist.
2. Hold for 5 seconds.
3. Relax.
4. Repeat the exercise 10 times.



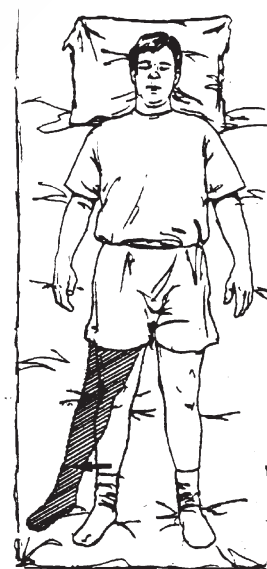
Exercises Four Weeks After Surgery

At four weeks after your surgery your physiotherapist may introduce exercises A and B.

Exercise A:

Lying on your back with your big toe (operated leg) pointed toward the ceiling -

1. Slide your operated leg out to the side.
2. Hold for 5 seconds.
3. Bring the operated leg back beside the other leg - do not cross the midline.
4. Relax.
5. Repeat the exercise 10 times.



Exercise B

Standing, holding onto the kitchen counter or table, with your knee straight (operated leg) -

1. Move your operated leg out to the side.
Try to keep your hips level.
2. Relax.
3. Repeat the exercise 10 times.



Exercises Six Weeks After Surgery

Exercise A:

***These exercises are designed to improve your range of motion and strength.**

Lying on your back -

1. Bend your operated leg, sliding your heel towards you along the bed. Lift your heel off the bed. Hold 5-10 seconds, then relax and repeat.
2. Bend your non-operated leg and slide it along the bed and lift it up towards your chest. Hold it against your chest. At the same time, push your operated leg down against the bed. Hold 5-10 seconds, then relax and repeat.

Exercise B:

Lying on your non-operated side -

- With your operated hip facing the ceiling lift your operated leg up sideways towards the ceiling (keep your knee straight). Hold your leg up 5 seconds.
- Relax.
- Repeat the exercise 10 times.

To progress this exercise, place a weight above your knee. You may gradually move it down to your ankle.

To increase resistance, increase your weights by one pound as tolerated.

Exercise C:

Standing -

- Hold onto a kitchen counter. Balance your body weight equally between both your legs. Standing on your operated leg, bend your opposite knee up. Hold for 5 seconds. Try and hold your hips level.
- Relax.
- Repeat the exercise 10 times.

Exercise D:

- Balance your body weight equally between both your legs. Take all your weight on your operated leg. Lift your non-operated leg out sideways. At the same time, try to maintain your hips on a level. Hold 5 seconds.
- Relax.
- Repeat the exercise 10 times.

Exercise E:

Standing a few feet away from the wall, facing it -

- Place your operated leg behind the other leg.
- Place your hands on the wall.
- Keep your back heel on the ground and bend this knee slightly.
- Lean forward.
- Hold for 5 seconds.
- Relax.
- Repeat the exercise 10 times.

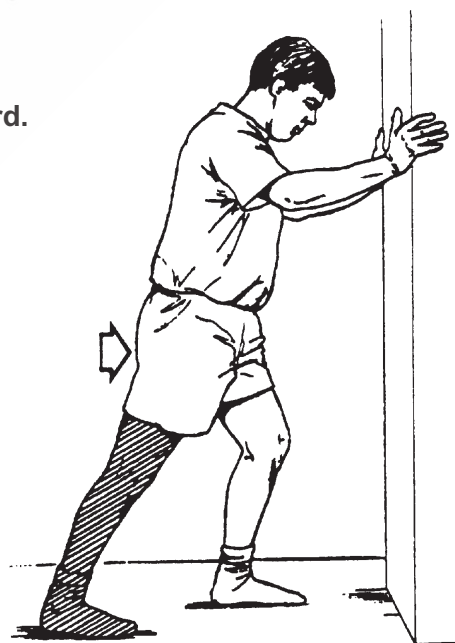


Exercise F:

***This exercise stretches your calf muscle and heel cord.**

Standing a few feet away from the wall, facing it -

- Place your operated leg behind the other leg.
- Place your hands on the wall.
- Keep your back leg straight and heel on the ground.
- Lean forward, keeping your back straight - you should feel a stretch in the back of your calf muscles.
- Hold for 5 seconds.
- Relax.
- Repeat the exercise 10 times.



If you have any questions, please contact your Physiotherapy Department.