

POST OPERATIVE EXERCISES FOR TOTAL HIP REPLACEMENT **EXERCISES FOR PATIENTS in THE FIRST 2 - 4 WEEKS FOLLOWING HIP REPLACEMENT SURGERY**

Your wound is healing, and you need to start exercising. Repetition strengthens the muscles supporting your hip and pelvis.

This will improve your balance and allow you to rely less & less on your crutches or frame.
The aim is to increase your endurance and reduce limping.

Exercise Number 1 - activates the gluteal/buttock muscles.

Static gluteal exercises - sit in a chair, and tighten your buttock muscles, hold for three seconds, then relax. Repeat for 5 minutes.



Repeat this exercise for five minutes.

Exercise Number 2 - activates leg inside leg muscles.

Adduction exercises.... squeeze your knees/ legs together with rolled towel, or pillow or clenched fist between your knees.

Hold for 3 seconds, relax for 3 seconds and repeat.
Don't relax so much that you drop the towel or pillow.



Repeat this exercise for 5 minutes.

Exercise Number 3 – To strengthen muscles that cross the hips.

Chair walking/ marching increases hip mobility.

You can incorporate an upper limb exercise by holding and swinging a 500gram can of soup in each hand by your sides.



Move your legs like you are walking but stay seated. This will assist bringing you legs forward when stepping.

Repeat for 5 minutes.

EXERCISE 4 – strengthening muscles on the outside of your legs Abduction exercises.

Place a TheraBand or belt around the lower thighs near your knees.
Pull your legs/knees apart/outward against this resistance, hold for 3 sec and repeat for 5 minutes



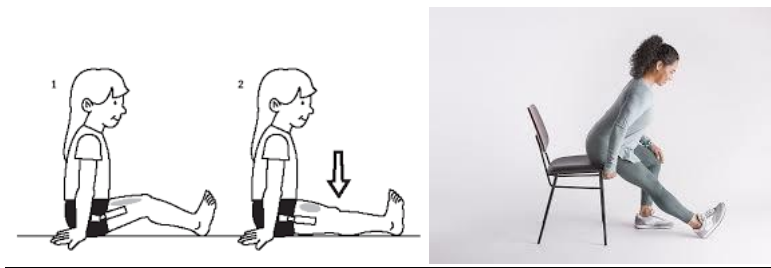
EXERCISE 5 – strengthen your thigh muscles with Static Quadricep exercises.

Quads need to be strong for mobility, walking, stepping. Your confidence will increase markedly when these are strong.

This helps to get rid of bruising and swelling faster,

Your leg strength will return, and reflexes will be faster, this minimizes limping, and stumbling.

Push the thigh straight, aim your knee down through the floor and hold tight for 3 sec, relax for 3 sec then repeat for 5 minutes.



In Summary

Whilst simple, these exercises are very, very important and effective.

They can be repeated in a chair. You don't need to go outside and there is no risk of you falling.

As mentioned, you'll gain endurance and reduce limping.

They are safe and you can gradually do them for longer than suggested above.

A min of 25 minutes 3 times a day is recommended, building to 25 minutes 4 times or 110 minutes a day.

In addition to these, I recommend short walks., increasing them as you feel stronger.

Pool walking is highly recommended & encouraged 3 weeks after your operation when your wound is watertight.

Dr. Anita Boecksteiner

