



## **POST OPERATIVE EXERCISES, FOR TOTAL HIP REPLACEMENT**

### **EXERCISES FOR PATIENTS AFTER THE FIRST 2 - 4 WEEKS FOLLOWING HIP REPLACEMENT SURGERY**

It is during this early phase once your wound has healed that we need to start doing some repetitive exercises, to strengthen the muscles that support your hip and pelvis.

This will enable you to get more balance when you walk, and enable you to get rid of your crutches or frame.

Small exercises, where you are repeating the same muscle exercise over and over again, give you endurance, and eventually reduce limping.

The following three exercises should be practiced for five minutes each; giving a fifteen-minute work out. This fifteen-minute workout should be repeated four times a day. Once the patient is comfortable, increase the amount of time with any of the exercises.

#### **Exercise Number 1**

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

When you do this exercise, you will find your body rising and falling. You will be bobbing up and down in the chair. Do it in a controlled fashion. It doesn't have to be done very fast. This is a good way of stimulating your gluteal muscles or your bottom muscles, which are the main muscles stabilizing your pelvis when you walk. They are the main muscles that stop you from swaying.

Repeat this exercise for five minutes.

## **Exercise Number 2**

Adduction exercises.

Place a rolled up towel between your knees and squeeze your legs together. Hold for three seconds and relax. Don't relax so that you drop the towel, relax enough only that the tension goes out of your muscles. You will feel the muscles on the inside of your thigh tighten as you squeeze the towel together, but you will also will feel your gluteal or buttock muscles tighten.

Repeat this exercise for five minutes.

## **Exercise Number 3**

Chair walking.

It is a good idea to get a little bit of upper limb exercise as well while you are doing this because you will have been using crutches and you upper limbs need some strength as well.

Grab yourself a 500gram can of soup in each arm or something equivalent, nothing too heavy and whilst sitting on your chair raise your knee slightly on one leg, then lower it to the floor then raise the other knee.

Basically, you will look like you are walking, but your bottom is sitting on the chair. Swing your arms in a normal rhythm, opposite to your legs like you would do if you were walking.

Repeat this exercise for five minutes.

This exercise helps to strengthen the muscles that cross the front of the hip. They help you with stepping up steps and help bring your leg forward to walk.

## **In Summary**

These exercises above are simple. They can be repeated sitting in a chair. They don't require you to go outside and there is no risk of you falling when exercising.

They will give you endurance and will help to reduce your limping.

They are safe to perform and once you are in a rhythm of doing them you can repeat them for longer than recommended above.

A minimum of fifteen minutes three times a day is recommended, but the standard would be fifteen minutes four times a day giving you an hour of exercise on these muscle groups.

Progress will be expected with an hour of exercise per day.

Added to the above, I recommend short walks. As you feel comfortable increase these, and walking in a pool is also highly recommended.

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