



## HOME PROGRAMME FOLLOWING A TOTAL HIP REPLACEMENT



<b>Exercises (2 x daily for 6 weeks)</b>	<ul style="list-style-type: none"> <li>• Lying:           <ul style="list-style-type: none"> <li>○ Heel slides lying on bed. (Knee must not bend more than 90° in order to protect hip) (10x).</li> <li>○ Foot pumps and circles (10x).</li> <li>○ Isometric quads (contraction of the quadriceps muscle / pushing knee downwards into bed). Plus knee extensions over a pillow (3 x 15).</li> <li>○ Bridging – bend good leg. Keep operated leg straight and lift buttocks off bed (3 x 12). Progress to lifting buttock to height of bent knee.</li> </ul> </li> <li>• Sitting:           <ul style="list-style-type: none"> <li>○ Knee extensions (3 x 8), i.e. tighten quadriceps muscle and straighten knee – hold in straight position for 5 seconds, relax and then repeat.</li> </ul> </li> <li>• In standing:           <ul style="list-style-type: none"> <li>○ Hamstring curls (3 x 8), i.e. bend knee of operated leg back – heel to buttocks.</li> <li>○ Toe raises (12).</li> <li>○ Bend knee of operated leg and lift thigh upwards (3 x 8).</li> <li>○ Hip hitching (lift hip from waist upwards) (10x).</li> <li>○ Leg extensions (3 x 8).</li> </ul> </li> <li>• Mini squats (under supervision of your physiotherapist).</li> <li>• Short walks: increase duration slowly over 6 weeks.</li> </ul>
<b>Crutches</b>	Must be used for 6 weeks following surgery.
<b>Anti-thrombotic stockings</b>	<ul style="list-style-type: none"> <li>• To be worn for 6 weeks.</li> </ul>
<b>Stairs</b>	<ul style="list-style-type: none"> <li>• Up: good leg, bad leg, crutches.</li> <li>• Down: crutches, bad leg, good leg.</li> </ul>
<b>Showering</b>	<ul style="list-style-type: none"> <li>• Glad wrap and duct tape; or</li> <li>• 'Shower glove'; or</li> <li>• Waterproof plaster.</li> </ul>
<b>Driving</b>	At 6 weeks.
<b>Hydrotherapy</b>	Once wound has closed and healed.
<b>Stationary bike</b>	6 to 8 weeks.
	<ul style="list-style-type: none"> <li>• Remember your "Do Not's!":           <ul style="list-style-type: none"> <li>○ No crossing the midline with the operated leg;</li> <li>○ No hip flexion greater than 90°; and</li> <li>○ No internal rotation of the operated leg for 6 weeks.</li> </ul> </li> </ul>
<b>Please consult your physiotherapist at 6 weeks post-surgery to discuss progression of exercise.</b>	