

Total Hip Arthroplasty Exercises – Physiotherapy

1) ANKLE PUMPS

Bend ankles up and down, alternating feet.

REPEAT: 10 Times, 3 Times per day



2) QUAD SETS

Slowly tighten muscles on thigh of straight leg, while counting to 10 out loud.

REPEAT: 10 Times, 3 Times per day



3) GLUTEAL SQUEEZES

Squeeze buttock muscles as tightly as possible, while counting out loud for 10 seconds.

REPEAT: 10 Times, 3 Times per day



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4) SHORT ARC QUADS

Place a large can or rolled towel under leg. Bend ankle up and lift foot to straighten knee. Hold 5 seconds.

REPEAT: 10 Times, 3 Times per day



5) KNEE BENDS

Gently bend one knee up as far as possible, keeping foot on bed.

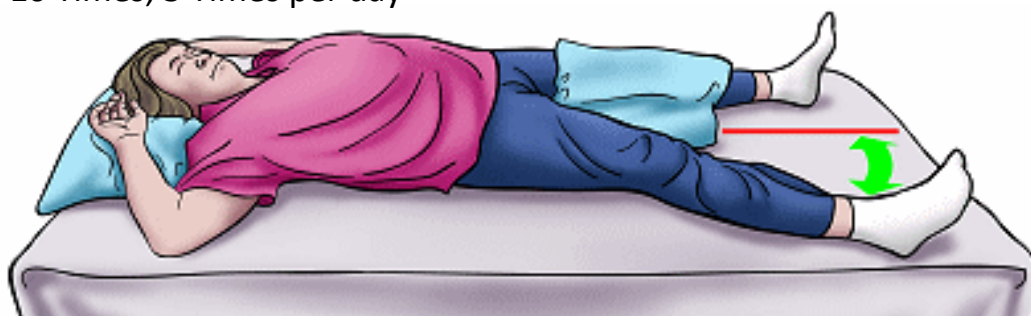
REPEAT: 10 Times, 3 Times per day



6) ABDUCTION

Slide one leg out to the side, keep kneecap pointing toward ceiling. Gently bring leg back.

REPEAT: 10 Times, 3 Times per day



TOTAL HIP ARTHROPLASTY

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PRECAUTIONS

To avoid dislocation of your new hip, please follow these instructions for the first three months after your surgery, unless otherwise instructed by your surgeon.

- When you are sitting, your knees should be lower than or at the same level as your hips.



- Do not bend your hip more than 90 degrees. This includes not bending down to put on your shoes or socks, or to pick something up off the floor.



- Do not cross your legs when sitting.
- Do not cross your legs in bed- keep a pillow between your legs.



- Do not twist on your operated leg when you are standing on it.

- Do not lift your leg straight up from the hip as a form of exercise.

