

Exercises after Your Hip Fracture

The following exercises are intended to help you regain mobility after your hip fracture and surgery. They also help to maintain circulation in your legs, to strengthen your leg muscles and to help prevent complications of immobility such as blood clots, pneumonia and skin breakdown.

Your therapist will mark the appropriate exercises for you to do. All exercises should be done with little or no pain. Doing 10 to 15 repetitions of each exercise 2 to 3 times per day is preferable to doing a lot of exercise all at one time. You may wish to take medication for pain control 20 to 30 minutes before doing your exercises.

1) ANKLE PUMPS

Bend ankles up and down, alternating feet.

REPEAT: 10

Times per



Times, 3
day

2) QUAD SETS

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

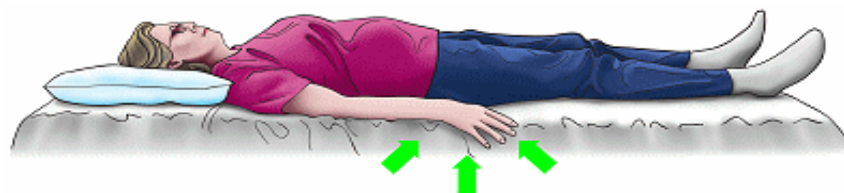
REPEAT: 10 Times, 3 Times per day



3) GLUTEAL SQUEEZES

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

REPEAT: 10 Times, 3 Times per day



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.

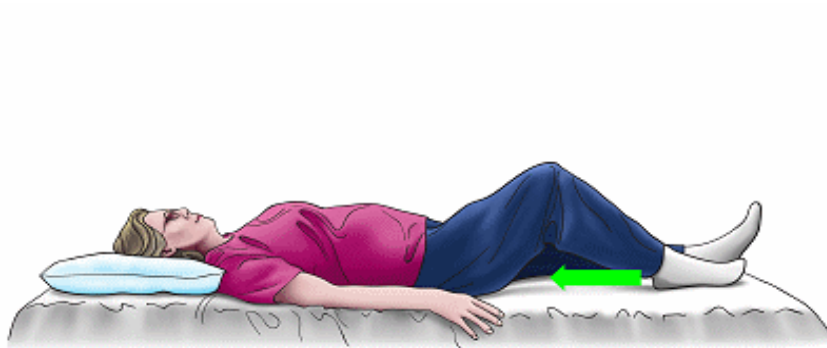
REPEAT: 10 Times, 3 Times per day



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

