



Hip Replacement Exercises

Markham Stouffville Hospital
381 Church Street, L3P 7P3, Markham, ON, Canada



EXERCISES FOR HIP REPLACEMENTS

These exercises are to help you move normally and safely.
-Complete exercises **3-4 times a day, 10 repetitions each time.**

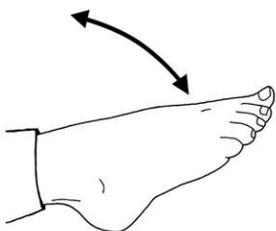
ICE:

Apply ice to your operated hip for 20 minutes as needed.

STAIRS:

Go up the stairs leading with your **non operated** leg, go down the stairs leading with your **operated** leg.

©PhysioTools Ltd



Lying on your back or sitting.

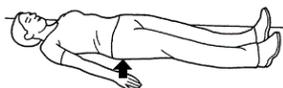
Bend and straighten your ankles briskly.

Repeat 10 times **every hour**

Do this in combination with your deep breathing and coughing exercises.

©PhysioTools Ltd

Lying on your back.



Squeeze buttocks firmly together. Hold approx. 5 seconds and then relax.

Repeat 10 times.

©PhysioTools Ltd

Lying on your back with legs straight.



Bend your ankles and push your knees down firmly against the bed. Hold 5 seconds and then relax. Remember to breath throughout the exercise.

Repeat 10 times.

©PhysioTools Ltd

Lying on your back.



Bend and straighten your operated leg by sliding your heel along the bed. If you are unable to do this on your own use a strap to assist with the movement.

Repeat 10 times.

©PhysioTools Ltd

Lying on your back with your non operated leg bent and your foot on the bed, place a roll under the knee of your operated leg.



Lift your foot off the bed while leaving your knee on the roll. Hold for 5 seconds and then slowly lower.

Repeat 10 times.

©PhysioTools Ltd

Lying on your back.



Keeping your toes pointed up and your knee straight, bring your operated leg out to the side and then back to mid position. Do not cross midline.

Repeat 10 times.

©PhysioTools Ltd

Your physiotherapist will instruct you if you are able to do this on your own or with help.



Sit on a chair.

Exercise your operated leg by pulling your toes up, tightening your thigh muscle and straightening your knee. Hold approx. 5 seconds and slowly lower you foot.

Repeat 10 times.

©PhysioTools Ltd

Sit on a chair.



Exercise you operated leg by bending your knee as much as possible, bringing your foot underneath you. Hold for 5 seconds then returned to start position.

Repeat 10 times.

©PhysioTools Ltd