

# The hip replacement rehabilitation guide



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**Louise Grant MSc. MCSP. MHCPC Hip Specialist Chartered Physiotherapist.**

**Hip-Physiocure**

**UK**



# WEEK ONE EXERCISES

1	Deep breathing
2	Circulatory ankle pumps
3	Static quadriceps
4	Static gluteals
5	Inner range quads
6	Heel slides
7	Pelvic tilts
8	Spinal side bends in sitting
9	Standing mini squats
10	Standing double calf raises
11	Standing hip abduction (sideways) slides
12	Standing hip extension (backwards) slides



# HIP REPLACEMENT REHABILITATION

**1. Deep breathing** – In a comfortable position, lying, reclined sitting or supported sitting, try and focus your breath moving down through your lungs to make your rib cage expand sideways and to the back of your lungs.

Breathe in for the count of 2 through your nose and out through your mouth for 3.

Practice for 5 minutes every hour whilst immobile.

**Aim - Diaphragmatic breathing is important as it increases circulation, rejuvenates the body, and is thought to help with pain management, posture and motor control.**



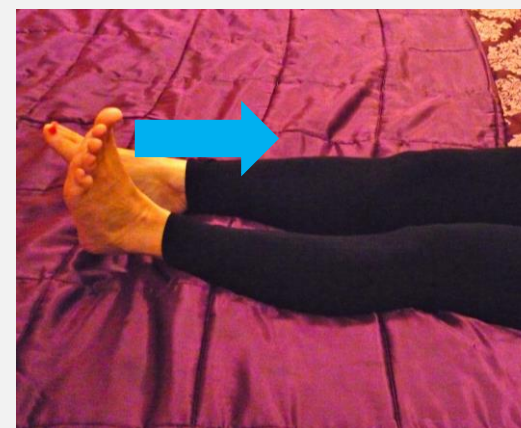
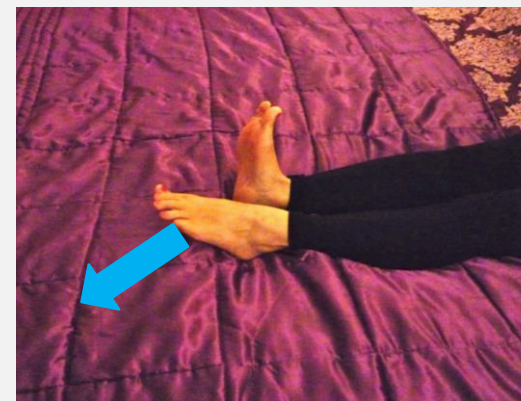
# HIP REPLACEMENT REHABILITATION

## 2. Circulatory exercises – ankle pumps.

Point one foot and at the same time flex the other foot back at the ankle, as shown below.

Repeat 10 times hourly while immobile.

**Aim – to pump blood to encourage circulatory flow whilst immobile.**



# HIP REPLACEMENT REHABILITATION

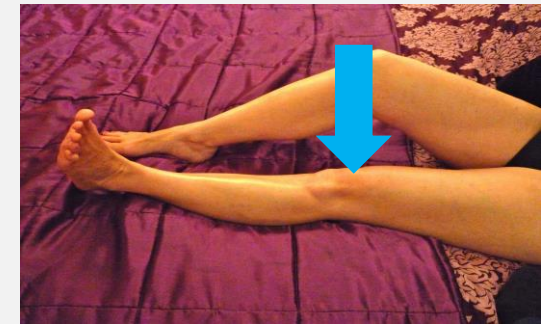
**3. Static quadriceps contraction** - Straighten one knee and tighten /tense the muscles on the front of your thigh.

Hold 5 seconds, 10 reps, every 3 hours.

**4. Static gluteal contraction** – In a comfortable position, either sitting or lying, gently squeeze your buttocks together. You can feel with your hands to see that the muscle is working.

Hold 2-5 seconds, 10 reps, every 3 hours.

**Aim – isometrics to maintain muscle tone while immobile.**



I am not asleep..., I am squeezing my gluteals 😊

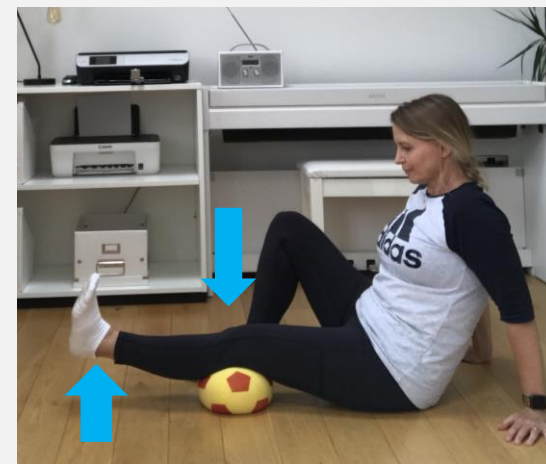
# HIP REPLACEMENT REHABILITATION

## 5. Inner range quadriceps – Do this on your bed.

Place a rolled up towel, pillow or blanket under your knee, lift your heel and straighten your knee. Feel your front thigh muscle switch on.

Hold for 5 seconds, repeat 10 times, 3 times a day.

**Aim – maintain muscle activation whilst immobile.**



# HIP REPLACEMENT REHABILITATION

## 6. Heel slides – Do this on your bed.

Lie on your back, knees and hips bent to approximately 45 degrees, ideally on a 'slidey' surface that your heel can glide along. You can use a strong strap or belt to secure around your operated leg foot, and hold with both hands to give you support if needed (optional) or just slide the leg on its own if this feels comfortable. With relaxed breathing, a neutral pelvis and lumbar spine and lower tummy muscle gently engaged, gently slide the leg out straight, push gently through the heel. Then slide the leg back up into the bent start position.

Repeat 5-10 times, 2-3 times a day..SLOWLY.

**Aim – Hip flexion mobility avoiding psoas/hip flexion irritation.**



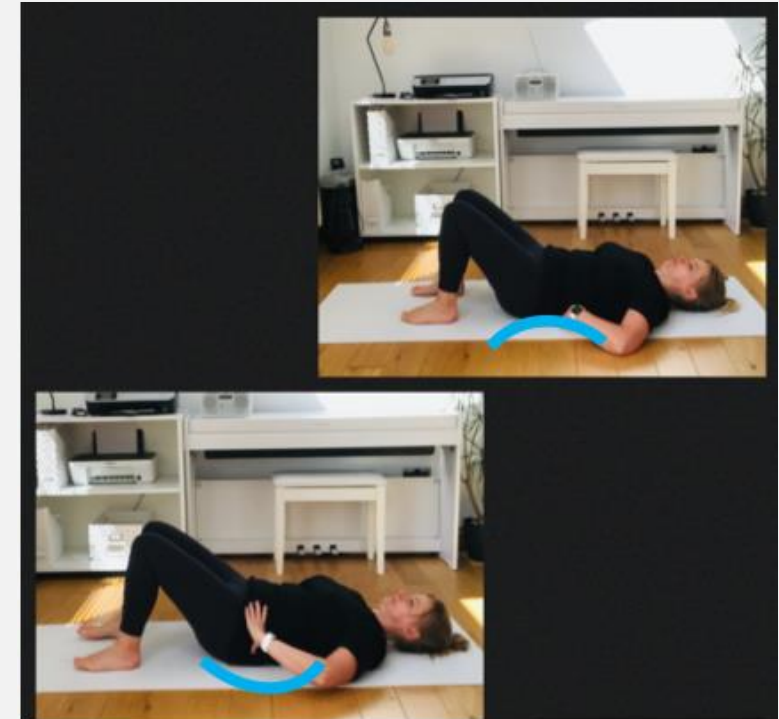
# HIP REPLACEMENT REHABILITATION

## 7. Pelvic tilts – Do this on your bed.

Lie on your back with both your knees bent and feet on the bed. Next, tuck your tailbone under so you are flattening your lower back into the bed, hold for 3-5 seconds then tilt your pelvis the other way to create a slight arch in your lower back.

Hold 3-5 seconds and repeat 5 times every 2-3 hours. You can also do these tilts in sitting if you prefer.

**Aim – Ease lumbo-pelvic stiffness from being sedentary and encourage gentle mobility around the hip.**





# HIP REPLACEMENT REHABILITATION

**8. Seated spinal side bend** - seated on a chair/bed and place your arms by your side, then reach over your head with one arm, bending sideways at the spine but keeping your 'sit-bones' seated and not allowing them or your bottom to lift off the seat/ball surface.

Perform slowly, repeat 5-10 times each way, 2-3 times a day.

**Aim – Ease spinal stiffness from being sedentary.**



# HIP REPLACEMENT REHABILITATION

**9. Standing mini squats** – Holding onto a secure surface, and trying to keep your weight equal between your feet, (unless told otherwise) gently bend your hips/knees as if you are squatting to sit on a high stool behind you. Place your hand on your bottom muscle to see if you can feel it working.

Repeat 5-10 times, 2-3 times a day.

**Aim – regain function of being able to sit to stand.**

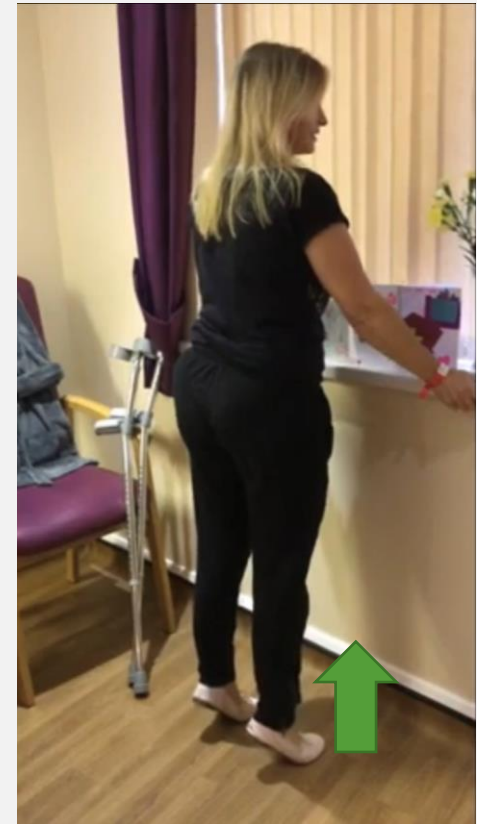


# HIP REPLACEMENT REHABILITATION

**10. Standing double calf raises** – Holding onto a secure surface, and trying to keep your weight equal between your feet, (unless told otherwise) push up through the balls of your feet lifting your heels up off the floor.

Repeat 5-10 times, 2-3 times a day.

**Aim – calf muscle pumps to help circulation.**



# HIP REPLACEMENT REHABILITATION

**11. Hip abduction in standing** - Standing near an appropriate support, slide your operated leg out to the side a short way as comfort allows, with your foot still in contact with the ground.

Repeat 5-10 times, 2-3 times a day.

**Aim – Gentle range of motion mobility.**



# HIP REPLACEMENT REHABILITATION

**12. Hip extension in standing** - Standing near an appropriate support, slide your operated leg out behind you a short way as comfort allows, with your foot still in contact with the ground.

Repeat 5-10 times, 2-3 times a day.

**Aim – Gentle range of motion mobility.**

